

GOAL *Weight*

Break down your overall weight loss goal into several smaller weight loss goals. Check off your goals as you reach them and reward yourself- you've earned it!

CONTINUOUS #1

Goal weight :

Reward :

CONTINUOUS #2

Goal weight :

Reward :

CONTINUOUS #3

Goal weight :

Reward :

CONTINUOUS #4

Goal weight :

Reward :

CONTINUOUS #5

Goal weight :

Reward :

CONTINUOUS #6

Goal weight :

Reward :

CONTINUOUS #7

Goal weight :

Reward :

CONTINUOUS #8

Goal weight :

Reward :

CONTINUOUS #9

Goal weight :

Reward :