

WEIGHT LOSS *goals*

Use this chart to keep track of your weight loss progress!
Start by writing down your overall weight loss goal.

Starting weight & Date

Goal weight & Date

Steps you'll take to reach your goals

Write down specific things you plan to do to reach your goals:

GOAL tracker

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!

GOAL
#1

Goal weight:

Reward:

GOAL
#2

Goal weight:

Reward:

GOAL
#3

Goal weight:

Reward:

GOAL
#4

Goal weight:

Reward:

GOAL
#5

Goal weight:

Reward:

GOAL
#6

Goal weight:

Reward:

GOAL
#7

Goal weight:

Reward:

GOAL
#8

Goal weight:

Reward:

GOAL
#9

Goal weight:

Reward:



WEIGHT LOSS *notes*

Jot down notes you have on your weight loss journey and new weight loss reward ideas.
