

# 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 :*