Weight Loss Reward Chart

Name: Jennifer Lewis

Start Date: 3/2/2023

Starting Weight: 330 lbs

Goal Weight: 200 lbs

Weight Loss Milestones	Date Achieved	Reward
10 lbs down	4/2/2023	☑ Lash appointment
20 lbs down	5/7/2023	☑ Movie night
30 lbs down	6/12/2023	☑ Massage and spa day
40 lbs down	7/20/2023	☑ Book shopping
50 lbs down	8/20/2023	☑ Trip to the lake
60 lbs down	10/1/2023	☑ New workout shoes
70 lbs down		☐ Concert tickets
80 lbs down		☐ Shopping trip with the girls
90 lbs down		☐ Room makeover
100 lbs down		☐ New study laptop