

Weight Loss Reward Chart

Name: Samantha Carter Start date: January 1, 2025
Starting weight: 220 lbs Target weight: 170 lbs

Milestone	Date achieved		Reward	Remarks
Lose 5 lbs (down to 215 lbs)	January 15, 2025	<input checked="" type="checkbox"/>	Dinner at a healthy restaurant	Felt motivated after trying a yoga class.
Lose 10 lbs (down to 210 lbs)	January 29, 2025	<input checked="" type="checkbox"/>	Movie night with friends	Energy levels are improving noticeably.
Lose 15 lbs (down to 205 lbs)		<input type="checkbox"/>	New sneakers	
Lose 20 lbs (down to 200 lbs)		<input type="checkbox"/>	New haircut or color	
Lose 25 lbs (down to 195 lbs) - Halfway!		<input type="checkbox"/>	Weekend getaway	
Lose 30 lbs (down to 190 lbs)		<input type="checkbox"/>	Buy a new workout outfit	
Lose 35 lbs (down to 185 lbs)		<input type="checkbox"/>	Spa day	
Lose 40 lbs (down to 180 lbs)		<input type="checkbox"/>	Buy new jeans	
Lose 45 lbs (down to 175 lbs)		<input type="checkbox"/>	Attend a concert or event	
Lose 50 lbs (down to 170 lbs) - Goal!		<input type="checkbox"/>	Big shopping spree	

Additional notes

Focus on building long-term habits, such as meal prepping on Sundays and weekly check-ins with a dietitian. Strength training added to routine in February—progressing to heavier weights weekly. Tracking progress with pictures helped me stay motivated. Celebrate small wins daily, like resisting unhealthy snacks and completing extra steps.