

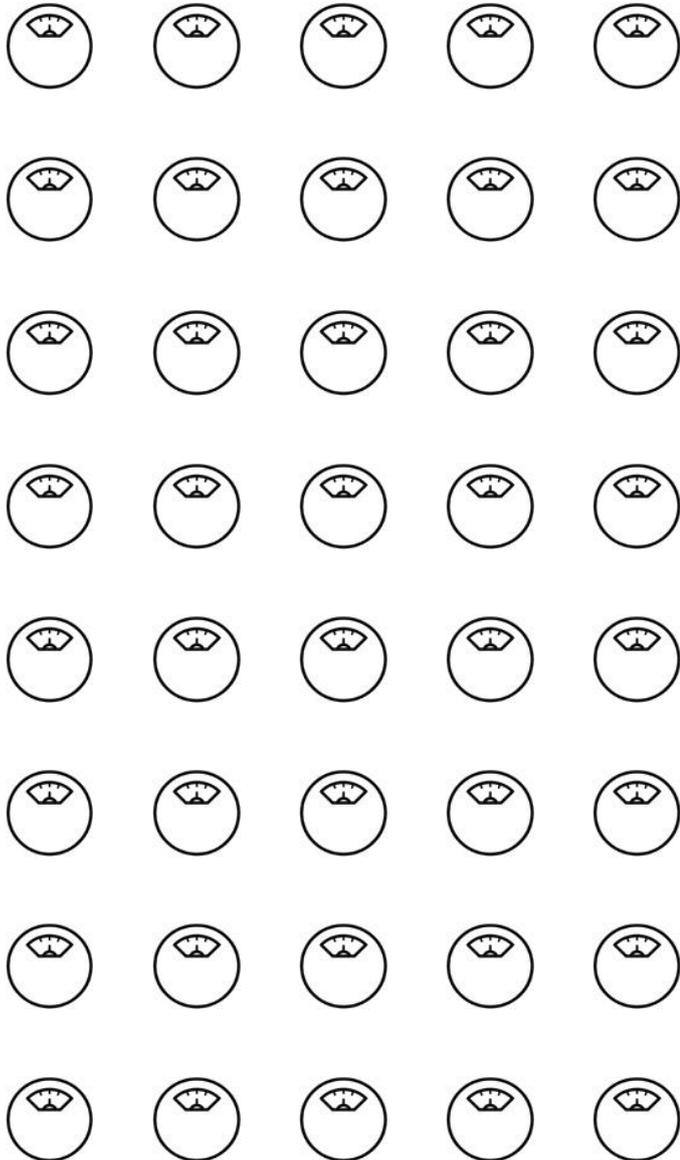
Starting Weight:



Each scale marks one pound lost. Tick them off as you progress and celebrate every milestone!



Rewards Earned



5 lbs loss

10 lbs loss

15 lbs loss

20 lbs loss

25 lbs loss

30 lbs loss

35 lbs loss

40 lbs loss

Your End Weight:



"One pound at a time,
one day at a time."

Date:

Lose 40 lbs and Reward Your Weight Losses