

1

-5lb

Reward -

Target date -

Date achieved -

2

-10lb

Reward -

Target date -

Date achieved -

3

-15lb

Reward -

Target date -

Date achieved -

4

-20lb

Reward -

Target date -

Date achieved -

5

-25lb

Reward -

Target date -

Date achieved -

6

-30lb

Reward -

Target date -

Date achieved -

7

-35lb

Reward -

Target date -

Date achieved -

8

-40lb

Reward -

Target date -

Date achieved -

1

Reward -

Target date -

Date achieved -

2

Reward -

Target date -

Date achieved -

3

Reward -

Target date -

Date achieved -

4

Reward -

Target date -

Date achieved -

5

Reward -

Target date -

Date achieved -

6

Reward -

Target date -

Date achieved -

7

Reward -

Target date -

Date achieved -

8

Reward -

Target date -

Date achieved -