



MILESTONE REWARD PLAN

A Structured Approach to Achieving Your Goals

Name: _____

Date: _____

My Goal

What am I working toward?

Milestones & Rewards

Plan small rewards for your progress:

Milestone	Reward
1 Day / Start	_____
3 Days	_____
1 Week	_____
2 Weeks	_____
30 Days	_____
60 Days	_____
90 Days	_____

My Commitment

One way I will celebrate my progress:

"Every step forward matters. I deserve to celebrate my progress."