

Weight loss rewards

Nothing

I gain

changed

loss

1-10lb

loss

>10lb

weight

weight

Week 4

Week 3

Week 2

Week 1

I gain

changed

Nothing

loss

1-10lb

loss

>10lb

weight

I gain

changed

Nothing

loss

1-10lb

loss

>10lb

1-10lb

I gain

changed

Nothing

loss

loss

>10lb

weight