

**THE**

*Bliss*

**TRACKER**



SRQ Med Spa  
Investing in Your Health



# How to Use The Bliss System

Big changes don't have to feel heavy. The Bliss System was designed to make your wellness journey feel rewarding, fun, and totally doable because you deserve to feel good every step of the way.

This system helps you build healthier habits through a simple, encouraging framework that lets you track your progress, celebrate your wins, and bribe yourself with joy along the way!

- ✓ Define Your Own Goals
- ✓ Track Wins With Ease
- ✓ Stay Motivated With Points
- ✓ Celebrate With Fun Rewards
- ✓ Enjoy a Flexible, Forgiving System
- ✓ Focus on Joy-driven Progress

Scan the QR code to watch the video and discover how to get the most out of your Bliss System journey.



# Set Goals and Reward Yourself

Challenging yourself to do new and hard things should be rewarded. That is the whole purpose behind The Bliss Tracker.

- Identify the changes that you want to make.
- List the behaviors and activities that you want to do to travel along the path.
- Assign a relative value of points earned for achieving each goal.
- Establish Rewards for yourself to be paid out when you achieve that goal.

Let's explore each step to achieving positive reinforced behavior changes!

*Step 1*

## List the Changes You Want to Make



Before we can celebrate progress, we have to know where we're headed. Start by getting clear on what you want to change. These goals are your foundation.

Examples:

1. I want to stop eating processed foods.
2. I want to lose 35 lbs.
3. I want to sleep 8 hours each night.
4. I want to get exercise 3 times a week.
5. I want to stop drinking alcohol.

# Step 2

## Behaviors to Reward



To stay motivated and on track with your health goals, it's important to recognize and reward the positive actions you take each day. These small, consistent behaviors build the foundation for lasting change. Choose the habits that align with your goals and give yourself credit for each one you complete!

Daily Healthy Habits & Points Tracker	
<b>Nutrition</b>	
Cook dinner at home	3 Points
Bring lunch to work	3 Points
Buy only fresh, whole foods	2 Points
Skip dessert	2 Points
Go a full day without sweets	4 Points
<b>Sleep</b>	
Go to bed by 9:00 or 10:00 PM	5 Points
<b>Fitness</b>	
Bike, swim, or go to the gym 3x a week	3 Points
Play tennis or pickleball	2 Points
<b>Lifestyle</b>	
No eating after 7:00 PM.	3 Points
Have alcohol-free nights	10 Points

## Step 3

### Assign a Points Value to Each Behavior for Motivation

Look back at Step 2. Assign a value of points for each behavior. In the examples above, the points are assigned relative to how important they are for me to reach the goal. Be nice to yourself and give yourself credit where credit is due. Be generous with your rewards!

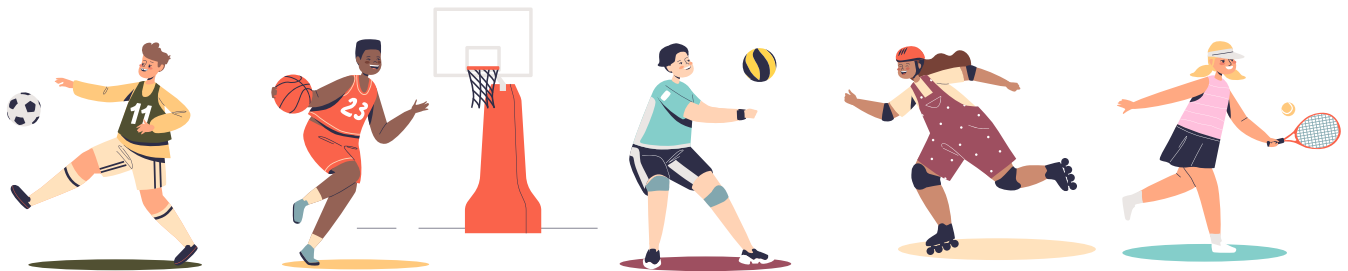


This system isn't just about tracking, it's about celebrating your progress. Whether it's a small win or a big milestone, every healthy choice matters. These points help you stay motivated, measure success, and stay focused on your long-term goals. Keep it fun, flexible, and encouraging!

# Step 4

## Reward Yourself for Doing the Work

What is fun and important to everyone is different. Here is the fun part! What do you want to do that you feel is a “special treat” or a fun adventure? Below I’m going to put some ideas of self-induced bribery rewards that you might earn for doing the hard work.



### Reward Ideas & Points Guide

Bowling with Friends	50 Points
Manicure	50 Points
A Day at the Beach	50 Points
A Facial	75 Points
A Massage	75 Points
Dinner and Dancing	100 Points
Painting Pottery	100 Points
Flower Making Class	100 Points

These rewards give you something exciting to look forward to, and that extra bit of motivation to keep going. You’ve earned it! Whether it’s relaxation, adventure, or time with friends, choose what lights you up and reminds you how far you’ve come.

SUCCESS

Goals & Rewards AWESOME!

### Goals

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

### REWARDS AND POINTS

♡	_____	♡	_____
♡	_____	♡	_____
♡	_____	♡	_____
♡	_____	♡	_____
♡	_____	♡	_____
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# GOALS AND AWARDS TRACKER

Goal 1:

Activities	Point Value	Milestone	Total Points
_____	<input type="checkbox"/>	-----	<input type="text"/>
_____	<input type="checkbox"/>	-----	<input type="text"/>
_____	<input type="checkbox"/>	-----	<input type="text"/>
_____	<input type="checkbox"/>	-----	<input type="text"/>

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_____	<input type="checkbox"/>	-----	<input type="text"/>
_____	<input type="checkbox"/>	-----	<input type="text"/>
_____	<input type="checkbox"/>	-----	<input type="text"/>

# IMPORTANT LINKS

FOLLOW US ON:  
**INSTAGRAM**



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FOLLOW US ON: **FACEBOOK**



JOIN OUR PUBLIC GROUP:  
**SRQ MED SPA:  
WEALTH AND WELLNESS**

JOIN OUR  
PRIVATE GROUP:



**GLP-1 SUCCESS BLUEPRINT:  
WEIGHT LOSS FOR LIFE**



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