



EARNED. NOT GIVEN.

BODY PROGRESS TRACKER

TRACK IT. MEASURE IT. TRANSFORM IT.

Progress isn't always about the scale.

Track the numbers. Trust the process.

NAME: _____ START DATE: _____ GOAL DATE: _____



BODY MEASUREMENTS

MEASUREMENT	START	WEEK 4	WEEK 8	WEEK 12	WEEK 16
WEIGHT (LBS)					
NECK					
CHEST					
RIGHT ARM (FLEXED)					
LEFT ARM (FLEXED)					
WAIST (NAVEL)					
HIPS (WIDEST)					
RIGHT THIGH					
LEFT THIGH					
CALF (RIGHT)					
CALF (LEFT)					
BODY FAT % (EST.)					



PROGRESS PHOTOS

FRONT

START	WEEK 6	WEEK 12	WEEK 16

SIDE

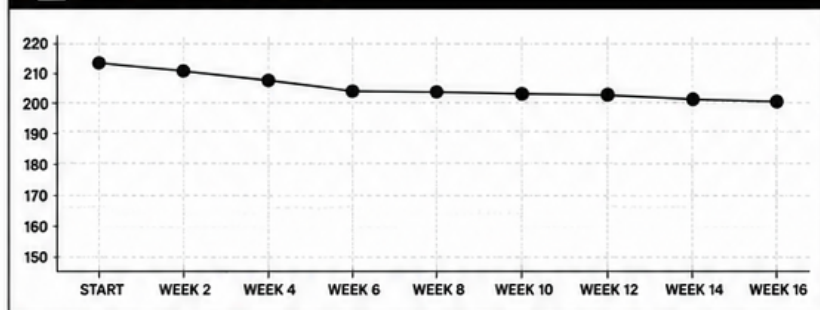
START	WEEK 6	WEEK 12	WEEK 16

BACK

START	WEEK 6	WEEK 12	WEEK 16



WEIGHT TRACKER



STRENGTH PROGRESS (KEY LIFTS)

EXERCISE	START	WEEK 4	WEEK 8	WEEK 12	WEEK 16
BENCH PRESS					
SQUAT					
DEADLIFT					
OVERHEAD PRESS					
PULL UP / CHIN UP					



NOTES & WINS

BIGGEST WINS:

CHALLENGES:

FOCUS FOR NEXT PHASE:



REMEMBER:

The scale is just one number.

Consistency today. Results tomorrow. No Quit.



YOU DON'T HAVE TO BE EXTREME. JUST CONSISTENT.