

Measurement Tracker

Date: / /

Chest

Arm

Hips

Waist

Calf

Thigh

Weight: /Lbs

Weekly Tracker

Measurements	Week 1	Week 2	Week 3	Week 4
Chest				
Arm				
Waist				
Hips				
Thigh				
Calf				
Inches Lost				

	Week 1	Week 2	Week 3	Week 4
Weight				
Weight Lost				

Fitness Goals

Date: / /

Exercise / Activity	

	Start	Goals
Chest		
Arm		
Waist		
Hips		
Thigh		
Calf		
Weight		

Motivation

Notes

Running Log

Day	Distance	Time	Pace
S			
M			
T			
W			
T			
F			
S			

Distance Goals

Weight Lost Target

Notes

Meal Planner

Day	Breakfast	Lunch	Dinner	Snack
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				