

MEASUREMENT TRACKER

S M T W T F S

Date:

Arm:

Chest:

Hips:

Waist:

Calf:

Thigh:

Weight:

/Lbs

MONTHLY FITNESS TRACKER

● JAN

○ FEB

● MAR

○ APR

○ MAY

● JUN

○ JUL

● AUG

● SEP

○ OCT

● NOV

○ DEC

Measurement

Week 1

Week 2

Week 3

Week 4

Chest

Arm

Waist

Hips

Thigh

Calf

Numbers

Week 1

Week 2

Week 3

Week 4

Weight

BMI

MONTHLY FITNESS GOALS



JAN



FEB



MAR



APR



MAY



JUN



JUL



AUG



SEP



OCT



NOV



DEC

Exercise Checklist

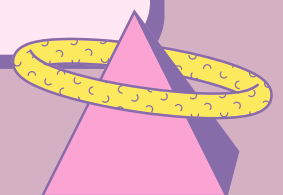
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Motivation

Initial Weight:

Target Weight:

Notes



WALKING LOG

S M T W T F S

Date:

Day	Distance	Time	Pace
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			

Distance Goal

Weight Loss Target

Notes