

WEEKLY FITNESS PLAN



MOTIVATION

MONTHLY GOALS

REWARDS

ACHIEVEMENTS

NOTES

WEEK OF

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MY PROGRESS

DATE/WEIGHT	DATE/WEIGHT	DATE/WEIGHT	DATE/WEIGHT
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

MEASURING	START	END
CHEST		
ARM		
WAIST	L: R:	L: R:
HIPS		
THIGHS	L: R:	L: R: