

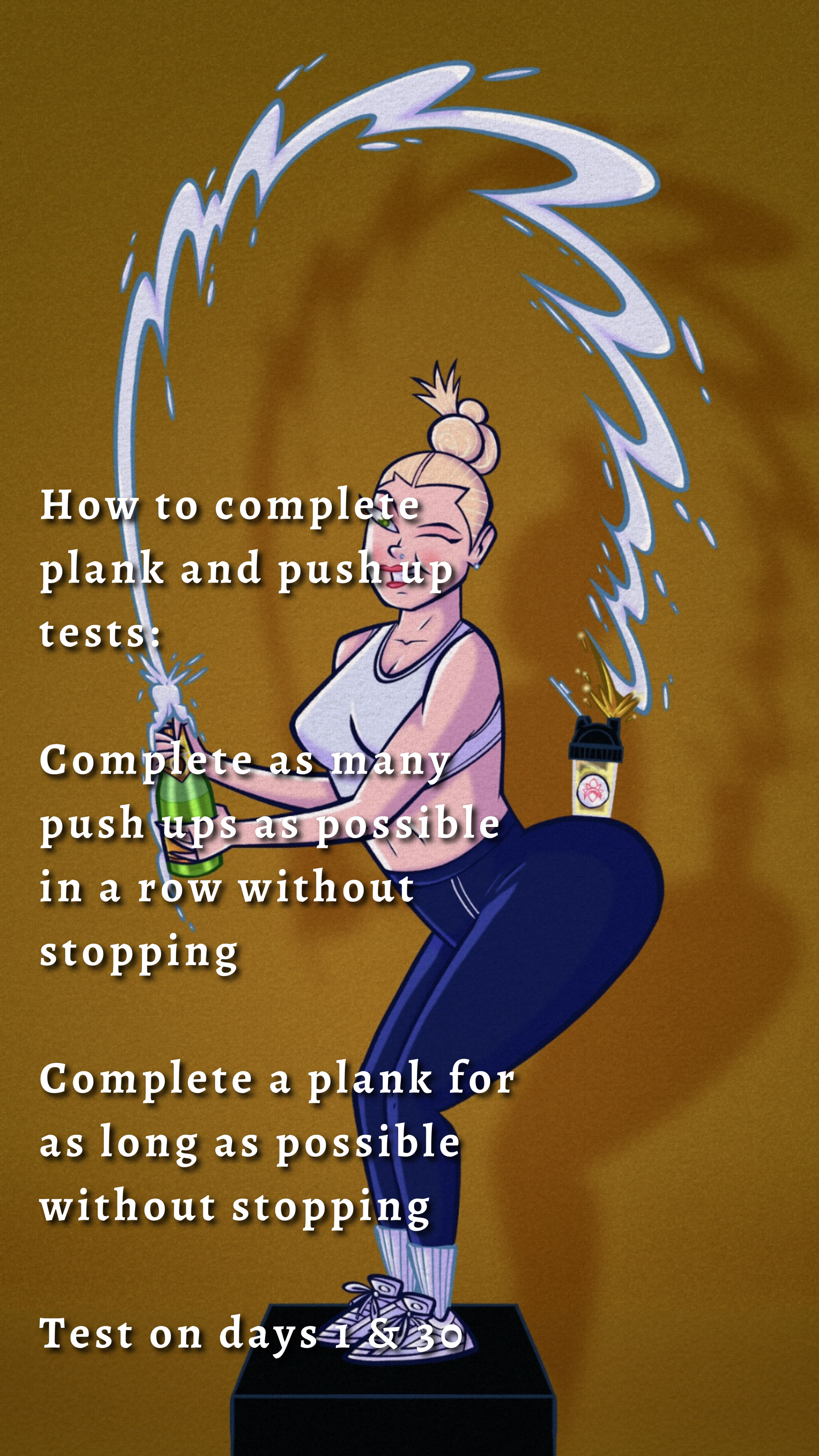


**Make sure to tag
@bkfit.baddies if you
use any of the following
story templates!**

Page 1: Daily Check Off

**Page 2 & 3: Day 1 vs. 30
plank and push up**

**Page 4: Day 1 vs. 30
measurements**



How to complete
plank and push up
tests:

Complete as many
push ups as possible
in a row without
stopping

Complete a plank for
as long as possible
without stopping

Test on days 1 & 30



GOAL

digger

M	T	W	T	F	S	S
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

BRIANNAKAYLYNNFITNESS

GOAL

digger

PROGRESS TRACKER

PLANK DAY 1

PUSH UPS DAY 1

NEW YEARS RESOLUTION

BRIANNAKAYLYNNFITNESS

GOAL

digger

PROGRESS TRACKER

PLANK DAY 30

PUSH UPS DAY 30

WHAT PROGRESS HAVE YOU MADE TOWARD YOUR GOAL?



GOAL

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DAY 1

DAY 30

NECK

SHOULDERS

CHEST

RIGHT ARM

LEFT ARM

RIGHT THIGH

RIGHT CALVE

LEFT CALVE

WAIST

HIPS