

Progress tracking sheet

	Weight	Inches/cm around waist	Inches/cm around arms(biceps)	Inches/cm around hips	Inches/cm around thighs (widest part of your thigh)	How many squats you can do in 60 seconds?	How many push ups you can do in 60 seconds?	How long can you hold a plank?
Before the start of the Program								
Week 4								
Week 8								
Week 12								
Week 16								
Week 20								

Give yourself a small reward every 4 weeks if you are on the right track. (It can be something small like a trip to a nail salon, or a new workout top). You are doing great!