

# 16-week Fitness Program Progress Tracker

*Use this sheet to keep track  
of your measurements &  
progress each check-in.*

Checklist



*Keep track of your progress here!*

## Start of program

	Weight	R Bicep	
	Bust/Chest	L Bicep	
	Waist	R Calf	
	Hips	L Calf	

Why are you doing  
this program?

Will you make the  
commitment to  
complete it?

## 8 week Check-in

	Weight	R Bicep	
	Bust/Chest	L Bicep	
	Waist	R Calf	
	Hips	L Calf	

How are you feeling  
about your  
progress?

What  
improvements can  
you make?

## 4 Week Check-in

	Weight	R Bicep	
	Bust/Chest	L Bicep	
	Waist	R Calf	
	Hips	L Calf	

How are you feeling  
about your  
progress?

What  
improvements can  
you make?

## 12 Week Check-in

	Weight	R Bicep	
	Bust/Chest	L Bicep	
	Waist	R Calf	
	Hips	L Calf	

How are you feeling  
about your  
progress?

What  
improvements can  
you make?