

Fitness Goals & Tracking



| KEY FITNESS GOAL | START DATE | REACH GOAL DATE |
|-----------------------------|------------------------------------|-----------------|
| WHY IS THIS GOAL IMPORTANT? | OBSTACLES & PLANS TO OVERCOME THEM | |
| STARTING POINT | | |
| BEFORE PICTURE | WEIGHT | |
| | BODY FAT | |
| | CHEST | |
| | WAIST | |
| | HIPS | |
| | ARM (L) | (R) |
| | THIGH (L) | (R) |
| | NECK | |
| ENDING POINT | | |
| AFTER PICTURE | WEIGHT | |
| | BODY FAT | |
| | CHEST | |
| | WAIST | |
| | HIPS | |
| | ARM (L) | (R) |
| | THIGH (L) | (R) |
| | NECK | |