Fitness Goals & Tracking

KEY FITNESS GOAL	START DATE	REACH GOAL DATE	
WHY IS THIS GOAL IMPORTANT? STARTING POINT	OBSTACLES & PLANS TO OVERCOME THEM		
WEIGHT			
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		

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