

Health & Fitness TRACKER

MONTH _____

THIS MONTH SUCCESSES

THIS MONTH SETBACKS

MEASUREMENTS

STARTING WEIGHT _____
 ENDING WEIGHT _____
 BODY FAT% _____
 CHEST _____
 HIPS _____
 THIGHS (L) _____ (R) _____
 BICEPS (L) _____ (R) _____
 STOMACH _____

NOTES

REMINDER

DRINK AT LEAST 8 GLASSES OF WATER A DAY. AIM FOR 8 HRS SLEEP. REDUCE STRESS AND MEDITATE.