

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.*