

# Fitness Progress Tracker

Measure what matters · celebrate every win

Start Date: \_\_\_\_\_ Goal: \_\_\_\_\_ Check-in: weekly / monthly

## BODY MEASUREMENTS

Measurement	Week 1	Week 2	Week 4	Week 6	Week 8	Change
Waist (cm)						
Hips (cm)						
Chest (cm)						
Upper Arm (cm)						
Thigh (cm)						
Weight (kg)						

## STRENGTH BENCHMARKS

Exercise	Start	Week 4	Week 8	PR
Max Push-Ups (1 set)				
Plank Hold (seconds)				
Squat Reps (bodyweight)				
Burpees in 1 min				

## HABITS & ENERGY

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Workouts completed							
Daily steps (10k goal)							
Water intake (2L+)							
Sleep 7-8 hours							
No junk food							

## NON-SCALE VICTORIES

<input type="checkbox"/> Better sleep quality	<input type="checkbox"/> More energy throughout the day
<input type="checkbox"/> Improved mood	<input type="checkbox"/> Clothes fitting better
<input type="checkbox"/> Less breathless on stairs	<input type="checkbox"/> Increased daily step count
<input type="checkbox"/> Reduced stress levels	<input type="checkbox"/> Feeling stronger
<input type="checkbox"/> Improved posture	<input type="checkbox"/> More consistent routine

Reflections / How I feel

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