

BODY PROGRESS

BEFORE

AFTER

Date _____

Neck _____

Biceps _____

Bust _____

Chest _____

Waist _____

Hips _____

Thigh _____

Calf _____

Weight _____



Date _____

Neck _____

Biceps _____

Bust _____

Chest _____

Waist _____

Hips _____

Thigh _____

Calf _____

Weight _____

MEASUREMENT PROGRESS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
NECK								
BICEP								
BUST								
CHEST								
WAIST								
HIPS								
THIGH								
CALF								
WEIGHT								

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MY GOALS

GOAL	ACTION STEPS	DEADLINE	DONE

GOAL	ACTION STEPS	DEADLINE	DONE

GOAL	ACTION STEPS	DEADLINE	DONE

GOAL	ACTION STEPS	DEADLINE	DONE

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30 DAYS CHALLENGE

SQUATS



LUNGES



LUNGES



PLANK



DAY 1 20 Squats 20 Crunches	DAY 2 20 Lunges 20 sec Plank	DAY 3 20 Squats 20 Crunches
DAY 4 20 Lunges 20 sec Plank	DAY 5 REST	DAY 6 20 Squats 20 Crunches
DAY 7 20 Lunges 40 sec Plank	DAY 8 20 Squats 20 Crunches	DAY 9 20 Lunges 40 sec Plank
DAY 10 20 Squats 20 Crunches	DAY 11 REST	DAY 12 20 Lunges 60 sec Plank
DAY 13 20 Squats 20 Crunches	DAY 14 20 Lunges 60 sec Plank	DAY 15 20 Squats 20 Crunches
DAY 16 20 Lunges 60 sec Plank	DAY 17 REST	DAY 18 20 Squats 20 Crunches
DAY 19 20 Lunges 60 sec Plank	DAY 20 20 Squats 20 Crunches	DAY 21 20 Lunges 70 sec Plank
DAY 22 40 Squats 40 Crunches	DAY 23 20 Lunges 70 sec Plank	DAY 24 REST
DAY 25 40 Squats 40 Crunches	DAY 26 20 Lunges 80 sec Plank	DAY 27 40 Squats 40 Crunches
DAY 28 20 Lunges 80 sec Plank	DAY 29 20 Squats 20 Crunches	DAY 30 40 Lunges 80 sec Plank

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DAILY FITNESS PLANNER

MY GOAL	BREAKFAST

POSITIVE AFFIRMATION	LUNCH

NOTES	DINNER

	SNACK

	WATER

	EXERCISE

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Fitness Planner Framework

Jiyuan Zhang



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