

FITNESS GOAL

START DATE :

DURATION :

END DATE :

START WEIGHT :

GOAL WEIGHT :

FINAL BMI :

START BMI :

GOAL BMI :

FINAL WEIGHT :

HABIT

NEW HABITS TO BUILD

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

BAD HABITS TO CUT

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MEASUREMENTS

START		END
BUST		
WAIST		
HIPS		
CHEST		
THIGHS		
ARM		

MOTIVATION/BIG WHY

NOTES