

BODY PROGRESS

BEFORE

AFTER

Date _____

Neck _____

Bicep _____

Bust _____

Chest _____

Waist _____

Hips _____

Thigh _____

Calf _____

Weight _____



Date _____

Neck _____

Bicep _____

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

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30 DAYS CHALLENGE

SQUATS



CRUNCHES



LUNGES



PLANK



DAY 1 20 Squats 20 Crunches	DAY 2 30 Lunges 30 sec Plank	DAY 3 30 Squats 25 Crunches
DAY 4 30 Lunges 30 sec Plank	DAY 5 REST	DAY 6 30 Squats 25 Crunches
DAY 7 30 Lunges 40 sec Plank	DAY 8 30 Squats 20 Crunches	DAY 9 20 Lunges 40 sec Plank
DAY 10 30 Squats 25 Crunches	DAY 11 REST	DAY 12 20 Lunges 30 sec Plank
DAY 13 20 Squats 25 Crunches	DAY 14 30 Lunges 30 sec Plank	DAY 15 30 Squats 30 Crunches
DAY 16 25 Lunges 30 sec Plank	DAY 17 REST	DAY 18 30 Squats 35 Crunches
DAY 19 30 Lunges 35 sec Plank	DAY 20 30 Squats 35 Crunches	DAY 21 30 Lunges 35 sec Plank
DAY 22 40 Squats 40 Crunches	DAY 23 30 Lunges 35 sec Plank	DAY 24 REST
DAY 25 40 Squats 40 Crunches	DAY 26 30 Lunges 40 sec Plank	DAY 27 40 Squats 45 Crunches
DAY 28 30 Lunges 35 sec Plank	DAY 29 30 Squats 50 Crunches	DAY 30 40 Lunges 50 sec Plank

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DAILY FITNESS PLANNER

MY GOAL POSITIVE AFFIRMATION NOTES	BREAKFAST LUNCH DINNER SNACK WATER EXERCISE
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Fitness Planner Framework

Joacim Rocklöv



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