

HEALTH & FITNESS GOALS

STATS

start date: _____ starting weight: _____ goal weight: _____
end date: _____ Daily step goal: _____ final weight: _____
Water goal: _____

MEASUREMENTS

	neck	bust	chest	waist	hips	thighs	calves	shoulders	upper arm	forearms
start	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
end	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

SHORT-TERM GOALS

goal: _____

date: _____ accomplished:

goal: _____

date: _____ accomplished:

goal: _____

date: _____ accomplished:

LONG-TERM GOALS

goal: _____

date: _____ accomplished:

goal: _____

date: _____ accomplished:

goal: _____

date: _____ accomplished:

MOTIVATION & REWARDS

GOOD HABITS TO BUILD

NOTES