

FITNESS MILESTONE JOURNEY

ATHLETE NAME
START DATE
TARGET WEIGHT/GOAL

STAGE	MILESTONE DESCRIPTION	TARGET DATE	DATE ACHIEVED
Phase 01	Initial Baseline Assessment		
Phase 02	Consistent 21-Day Habit Formed		
Phase 03	First Strength/Endurance PR		
Phase 04	Mid-Way Body Composition Check		
Phase 05	Primary Objective Attained		

"Progress is a marathon, not a sprint."