

LEAN MUSCLE GROWTH TRACKER

Week of: _____
Starting Weight: _____
Body Fat %: _____
Caloric Goal: _____

MEASUREMENT / LIFT	BASELINE	GOAL	WEEK 1	WEEK 2	WEEK 3	WEEK 4
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Key Compound Lifts (Weight/Reps)

Bench Press

Squat

Deadlift

Overhead Press

Body Composition (Inches)

Chest

Arm (R)

Waist

Thigh (R)

MEASUREMENT / LIFT	BASELINE	GOAL	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Nutrition & Recovery						
Protein Target Hit?	-	-				
7+ Hours Sleep?	-	-				
Monthly Progress Notes:						