

FITNESS JOURNEY LOG

Name: _____ Year: 20____

MEASUREMENT	INITIAL	MONTH 1	MONTH 2	MONTH 3	MONTH 4	MONTH 5	GOAL
Weight							
Body Fat %							
Neck							
Chest							
Bicep (L/R)							
Waist							
Hips							
Thigh (L/R)							
Calf (L/R)							

MONTHLY GOALS & PROGRESS NOTES
Minimalist Body Measurement Tracker – Consistency is Key