

MUSCLE GAIN PROGRESS

Month: _____

STARTING WEIGHT

BODY FAT %

TARGET GOAL

BODY PART	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Chest				
Shoulders				
Biceps (L/R)				
Forearms				
Waist				
Hips/Glutes				
Thighs (L/R)				
Calves (L/R)				
MONTHLY NOTES & STRENGTH GAINS				