

FITNESS MILESTONE TRACKER

NAME: _____

START DATE: ____ / ____ / ____

STATUS	MILESTONE GOAL	TARGET DATE	DATE ACHIEVED
	First 5k Run / 30 Min Continuous Cardio		
	Body Weight Strength Goal (e.g. 10 Pushups)		
	Consistency: 4 Weeks Without Missing Session		
	Flexibility/Mobility Benchmark		
	Personal Best: _____		
	Transformation Goal: _____		

ADDITIONAL NOTES & REWARDS UPON COMPLETION...