

MUSCLE GAIN TRACKER

Month: _____ 20____

STARTING WEIGHT:

TARGET WEIGHT:

BODY FAT % GOAL:

MEASUREMENT AREA	WEEK 1	WEEK 2	WEEK 3	WEEK 4	PROGRESS (+/-)
Body Metrics					
Body Weight					
Body Fat %					
Circumference (inches/cm)					
Chest					
Shoulders					
Bicep (L/R)					
Waist					
Thigh (L/R)					
Strength Benchmarks (Max Reps/Weight)					

MEASUREMENT AREA	WEEK 1	WEEK 2	WEEK 3	WEEK 4	PROGRESS (+/-)
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Compound Lift A

Compound Lift B