

# FITNESS EVOLUTION MILESTONE

ATHLETE NAME:

START DATE:

PHASE	METRIC / GOAL DESCRIPTION	TARGET	ACTUAL	DONE
<b>Baseline</b>	<b>Initial Weight &amp; Body Fat %</b>	---		
Strength	Deadlift 1RM Evolution	1.5x BW		
Endurance	5K Run Completion Time	< 25:00		
<b>Level 01</b>	<b>Consistency: 21 Days Active</b>	<b>100%</b>		
Volume	Total Weekly Repetition Count	1,000		
Flexibility	Deep Squat Mobility Hold	60 Sec		
<b>Level 02</b>	<b>Body Composition Re-test</b>	<b>-2% BF</b>		
Skill	Unbroken Pull-ups	10 Reps		
Recovery	Resting HR Average Improvement	-5 BPM		
<b>Peak</b>	<b>Final Evolution Assessment</b>	<b>Final</b>		

Evolution Milestone Tracker â€œ Non-Submittable Template â€œ Modern Minimalist Series