Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Height:\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Goal Weight:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Date** |  |  |  |  |  |  |
| **SITE** | **Week 1** | **Week2** | **Week 3** | **Week 4** | **Week 5** | **Week 6** |
| Tricep |  |  |  |  |  |  |
| Pec |  |  |  |  |  |  |
| Mid-axillary |  |  |  |  |  |  |
| Sub Scap |  |  |  |  |  |  |
| Supra Illiac |  |  |  |  |  |  |
| Abdominal |  |  |  |  |  |  |
| Quad |  |  |  |  |  |  |
| Knee Cap |  |  |  |  |  |  |
| Gastroc |  |  |  |  |  |  |
| Bicep |  |  |  |  |  |  |
| Low Back |  |  |  |  |  |  |
| **Measurement** |  |  |  |  |  |  |
| Neck |  |  |  |  |  |  |
| Arm |  |  |  |  |  |  |
| Quad |  |  |  |  |  |  |
| Waist W/N\* |  **/**  |  **/** |  **/** |  **/** |  **/** |  **/** |
| Hips |  |  |  |  |  |  |
| Calf |  |  |  |  |  |  |
| Forearm  |  |  |  |  |  |  |
| Wrist |  |  |  |  |  |  |
| **BF% /BMI** |  **/** |  **/** |  **/** |  **/** |  **/** |  **/** |
| **Weight** |  |  |  |  |  |  |

 W/N\* Widest measurement Narrowest measurement

Date: Cardio Total: Notes:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 1 | Mon | Tue | Wed  | Thur | Fri | Sat | Sun |
| Weight |  |  |  |  |  |  |  |
| Hours of sleep |  |  |  |  |  |  |  |
| Protein Total |  |  |  |  |  |  |  |
| Carbs Total |  |  |  |  |  |  |  |
| Fat Total |  |  |  |  |  |  |  |
| Cardio Time |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

Date: Cardio Total: Notes:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 2 | Mon | Tue | Wed  | Thur | Fri | Sat/BF% | Sun |
| Weight |  |  |  |  |  |  |  |
| Hours of sleep |  |  |  |  |  |  |  |
| Protein Total |  |  |  |  |  |  |  |
| Carbs Total |  |  |  |  |  |  |  |
| Fat Total |  |  |  |  |  |  |  |
| Cardio Time |  |  |  |  |  |  |  |
| Caffeine  | ++ | ++ | +++ | ++ | +++ | ++ | + |

Date: Cardio Total: Notes:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 3 | Mon | Tue | Wed  | Thur | Fri | Sat/BF% | Sun |
| Weight |  |  |  |  |  |  |  |
| Hours of sleep |  |  |  |  |  |  |  |
| Protein Total |  |  |  |  |  |  |  |
| Carbs Total |  |  |  |  |  |  |  |
| Fat Total |  |  |  |  |  |  |  |
| Cardio Time  |  |  |  |  |  |  |  |
| Caffeine  | ++ | ++ | +++ | ++ | +++ | ++ | + |

 Date: Cardio Total: Notes:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 4 | Mon | Tue | Wed  | Thur | Fri | Sat/BF% | Sun |
| Weight |  |  |  |  |  |  |  |
| Hours of sleep |  |  |  |  |  |  |  |
| Protein Total |  |  |  |  |  |  |  |
| Carbs Total |  |  |  |  |  |  |  |
| Fat Total |  |  |  |  |  |  |  |
| Cardio Time |  |  |  |  |  |  |  |
| Caffeine  | ++ | ++ | +++ | ++ | +++ | ++ | + |

 Date: Cardio Total: Notes:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 5 | Mon | Tue | Wed  | Thur | Fri | Sat/BF% | Sun |
| Weight |  |  |  |  |  |  |  |
| Hours of sleep |  |  |  |  |  |  |  |
| Protein Total |  |  |  |  |  |  |  |
| Carbs Total |  |  |  |  |  |  |  |
| Fat Total |  |  |  |  |  |  |  |
| Cardio Time |  |  |  |  |  |  |  |
| Caffeine  | ++ | ++ | +++ | ++ | +++ | ++ | + |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 6 | Mon | Tue | Wed  | Thur | Fri | Sat/BF% | Sun |
| Weight |  |  |  |  |  |  |  |
| Hours of sleep |  |  |  |  |  |  |  |
| Protein Total |  |  |  |  |  |  |  |
| Carbs Total |  |  |  |  |  |  |  |
| Fat Total |  |  |  |  |  |  |  |
| Cardio Time |  |  |  |  |  |  |  |
| Caffeine  | ++ | ++ | +++ | ++ | +++ | ++ | + |

DATE DATE

BEFORE PHOTO AFTER PHOTO