

Tracker



★ WEEKLY STATS TRACKER ★

FOCUS

The only way to measure your success is to track your progress consistently. It's important to record your progress as you can't manage what you don't measure. There are six sections to fill in which have been deliberately left blank, so you can tailor this to your needs. You could track body stats, measurements, number of workouts completed that week, total steps, sleep, your mood or overall energy levels.

	STATISTICS TO RECORD						
WEEK							DATE
START							
WK 01							
WK 02							
WK 03							
WK 04							
WK 05							
WK 06							
WK 07							
WK 08							
WK 09							
WK 10							
WK 11							
WK 12							
GOAL							
END							