

12 WEEK fitness JOURNAL



12 WEEK progress

STARTING WEIGHT: _____
ENDING WEIGHT: _____

MEASUREMENTS

BODY PART	BEGINNING	END
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

GOALS

1. _____ ☐
2. _____ ☐
3. _____ ☐
4. _____ ☐
5. _____ ☐
6. _____ ☐
7. _____ ☐
8. _____ ☐

REWARD:

RECAP + NOTES

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FOOD tracker

WEEK OF: _____

	BREAKFAST	LUNCH	DINNER	SNACKS
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	TOTAL CALORIES:			
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	TOTAL CALORIES:			
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PROGRESS

WEEKLY workouts

	CARDIO	STRENGTH	CALORIES BURNED	HOW I FELT
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