Fitness Progress Journal

Preview: file inventory and watermarked sample pages. Not the full product.

Files in the download

Fitness-Progress-Journal-Printable-Letter.pdf
Printable edition, US Letter portrait, 102 pages, 0.65 in margins.

Fitness-Progress-Journal-Digital-Hyperlinked.pdf
Hyperlinked digital edition, landscape 4:3 for tablets, 102 pages with side tabs and 926 internal links.

Fitness-Progress-Journal-User-Guide.pdf
How to print, how to navigate the digital edition, and tips (2 pages).

README.txt
Quick start and license summary.

My starting point

Retest every 30 days on the monthly review pages

Start date _____

My why _____

90-day goal _____

Non-scale goal (e.g. climb stairs easily) _____

MEASUREMENTS

MEASURE	START
Weight	
Waist	
Hips	
Chest	
Arm	
Thigh	

BASELINE TESTS

TEST	RESULT
Push-ups (one set)	
Plank hold (sec)	
1-mile time	
Squats in 1 minute	
Resting heart rate	

HOW I FEEL ABOUT MY FITNESS TODAY

SAMPLE

90-day activity tracker

COLOUR EACH DAY YOU WERE ACTIVE

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Days 1-30	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Days 31-60	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Days 61-90	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

SAMPLE

Day 1

Date _____ **Week day** _____

TODAY'S NUMBERS

Training done _____ **Sleep (hours)** _____

Minutes _____ **Water (glasses)** _____

Steps _____ **Weight (optional)** _____

Energy 1 2 3 4 5

Mood 1 2 3 4 5

Soreness (1 = none) 1 2 3 4 5

HOW TRAINING FELT / WHAT I DID

TODAY'S WIN

SAMPLE

Day 1

Date _____ **Week day** _____

TODAY'S NUMBERS

Training done _____ **Sleep (hours)** _____

Minutes _____ **Water (glasses)** _____

Steps _____ **Weight (optional)** _____

Energy 1 2 3 4 5

Mood 1 2 3 4 5

Soreness (1 = none) 1 2 3 4 5

HOW TRAINING FELT / WHAT I DID

TODAY'S WIN

SAMPLE