Fitness Goal Tracker

	Baseline	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9	Month 10	Month 11	Month 12
Date													
Weight													
Body Fat %													
Measurements													
Neck													
Shoulders													
Chest													
Waist													
Hips													
Upper Arm													
Mid-thigh													
Calf													
Strength Test													
Squats													
Push-ups													
Sit-ups													