



# 4 Week Tracker

Start Date: \_\_\_\_\_  
 Primary Focus: \_\_\_\_\_

## Exercise Tracker

## Nutrition Tracker

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Avg Calories	% Protein	% Carbs	% Fat
WEEK 1											
WEEK 2											
WEEK 3											
WEEK 4											

### Weekly Targets (set by trainer)

S M C	# Strength Training Workouts	
	# Stretching/ Mobility Sequences	
	# Cardio Sessions and Minutes	
	Daily Calorie Goal	
	% Protein	
	% Carbs	
	% Fat	

### Month Analysis (perform at month end)

Measurements	Result
1. Abdomen measurement (around the belly button)	_____ inches
2. Progress pictures taken	_____ yes/no
3. Habits: how compliant were you with your program last month?	_____ grade (A to F)
4. Mindset and lifestyle : I feel more motivated than when I started I have more energy than I did when I started I have healthier habits than I did when I started I want to continue and build on my new habits	scale of 1-10 (1 false, 5 neutral, 10 true) _____ _____ _____ _____
5. Weight (optional)	_____ lbs