

My Goal Chart

Start date: **Completion date:**

The Challenge/Plan I have chosen to complete is:

The Goals I am setting for myself are:

.....
.....
.....

e.g. I want to tone up, I want to train different areas of my body, I want to learn new cooking skills, I want to Reset my Health & Wellness Goals

My Goal Weight/Goal Measurements at the end are:

.....
.....

Check out the Tracking Document below & fill in your measurements at the beginning, middle and end of the challenge. .

I'm committed to holding myself accountable during this period of time, in order to give myself the best chance of resetting my health goals. I am committed to learning new things which I will remember after the challenge is over:

Signed:

My Progress Tracker

Age:

Initial Assessment Date:

Body Composition Measurements:

Measurements	Initial:	Mid-Way:	Final:
Weight			
Chest			
Waist (under rib)			
Belly button			
Hips			
Right Thigh			
Right Bicep			

Other Factors:

	Initial:	Mid-Way:	Final:
Sleep Pattern			
Stress Factors			
Water Intake:			
Current time in cycle			

Note: Ideally use this Tracker over a 6 week period where you're focusing on food & fitness to improve body composition. Check out the video under Fitness > Tracking Tools to see how to accurately take your measurements.