

MONTHLY WORKOUT PROGRESS

FOR THE MONTH OF _____

BEGINNING OF THIS MONTH

WEIGHT		WAIST		HIPS		CHEST		THIGHS		ARMS	
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WEEK ONE

CARDIO WORKOUTS

RESISTANCE WORKOUTS

FOCUS:
☐ LEGS ☐ ARMS ☐ BUTT ☐ ABS ☐ FULL BODY

NOTES:

WEEK TWO

CARDIO WORKOUTS

RESISTANCE WORKOUTS

FOCUS:
☐ LEGS ☐ ARMS ☐ BUTT ☐ ABS ☐ FULL BODY

NOTES:

WEEK THREE

CARDIO WORKOUTS

RESISTANCE WORKOUTS

FOCUS:
☐ LEGS ☐ ARMS ☐ BUTT ☐ ABS ☐ FULL BODY

NOTES:

WEEK FOUR

CARDIO WORKOUTS

RESISTANCE WORKOUTS

FOCUS:
☐ LEGS ☐ ARMS ☐ BUTT ☐ ABS ☐ FULL BODY

NOTES:

END OF THIS MONTH

WEIGHT		WAIST		HIPS		CHEST		THIGHS		ARMS	
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