




FITTING IN FITNESS
Lifestyle Change Tracking Sheet
 Week of _____, _____
 Month Day Year



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight	Weight	Weight	Weight	Weight	Weight	Weight
Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio
Activity Time Heart Rate Avg. Peak	Activity Time Heart Rate Avg. Peak	Activity Time Heart Rate Avg. Peak	Activity Time Heart Rate Avg. Peak	Activity Time Heart Rate Avg. Peak	Activity Time Heart Rate Avg. Peak	Activity Time Heart Rate Avg. Peak
Strength Training	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training
Arms / Shoulders / Back / Abs / Legs Time	Arms / Shoulders / Back / Abs / Legs Time	Arms / Shoulders / Back / Abs / Legs Time	Arms / Shoulders / Back / Abs / Legs Time	Arms / Shoulders / Back / Abs / Legs Time	Arms / Shoulders / Back / Abs / Legs Time	Arms / Shoulders / Back / Abs / Legs Time
Water	Water	Water	Water	Water	Water	Water
1-2-3-4-5-6-7-8	1-2-3-4-5-6-7-8	1-2-3-4-5-6-7-8	1-2-3-4-5-6-7-8	1-2-3-4-5-6-7-8	1-2-3-4-5-6-7-8	1-2-3-4-5-6-7-8
Calories/Food Journal	Calories/Food Journal	Calories/Food Journal	Calories/Food Journal	Calories/Food Journal	Calories/Food Journal	Calories/Food Journal
Breakfast-	Breakfast-	Breakfast-	Breakfast-	Breakfast-	Breakfast-	Breakfast-
Snack-	Snack-	Snack-	Snack-	Snack-	Snack-	Snack-
Lunch-	Lunch-	Lunch-	Lunch-	Lunch-	Lunch-	Lunch-
Snack-	Snack-	Snack-	Snack-	Snack-	Snack-	Snack-
Dinner-	Dinner-	Dinner-	Dinner-	Dinner-	Dinner-	Dinner-

Weekly Measurements: Bust _____ Hips _____ Thigh (R or L) _____ BMI _____