

Fitness Milestone Tracker



Milestone #	Target Date	Goal	Status	Notes
			<input type="checkbox"/> Pending	
			<input type="checkbox"/> Done	
			<input type="checkbox"/> Pending	
			<input type="checkbox"/> Done	
			<input type="checkbox"/> Pending	
			<input type="checkbox"/> Done	
			<input type="checkbox"/> Pending	
			<input type="checkbox"/> Done	
			<input type="checkbox"/> Pending	
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			<input type="checkbox"/> Done	
			<input type="checkbox"/> Pending	
			<input type="checkbox"/> Done	
			<input type="checkbox"/> Pending	
			<input type="checkbox"/> Done	

Body and Health Checkpoints	Start	Current	Goal
Weight			
Waist / Hips			
Resting Heart Rate			
Energy Level	<input type="checkbox"/> Low	<input type="checkbox"/> Medium	<input type="checkbox"/> High