

BODY PROGRESS

BEFORE

Date _____

Neck _____

Biceps _____

Bust _____

Chest _____

Waist _____

Hips _____

Thigh _____

Calf _____

Weight _____



AFTER

Date _____

Neck _____

Biceps _____

Bust _____

Chest _____

Waist _____

Hips _____

Thigh _____

Calf _____

Weight _____

MEASUREMENT PROGRESS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
NECK								
BICEP								
BUST								
CHEST								
WAIST								
HIPS								
THIGH								
CALF								
WEIGHT								

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MY GOALS

GOAL	ACTION STEPS	DEADLINE	DONE

GOAL	ACTION STEPS	DEADLINE	DONE

GOAL	ACTION STEPS	DEADLINE	DONE

GOAL	ACTION STEPS	DEADLINE	DONE

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30 DAYS CHALLENGE

SQUATS



CLUNGES



LUNGES



PLANK



DAY 1 20 Squats 20 Clunges	DAY 2 20 Lunges 20 sets Plank	DAY 3 20 Squats 20 Clunges
DAY 4 20 Lunges 20 sets Plank	DAY 5 REST	DAY 6 20 Squats 20 Clunges
DAY 7 20 Lunges 40 sets Plank	DAY 8 20 Squats 20 Clunges	DAY 9 20 Lunges 40 sets Plank
DAY 10 20 Squats 20 Clunges	DAY 11 REST	DAY 12 20 Lunges 20 sets Plank
DAY 13 20 Squats 20 Clunges	DAY 14 20 Lunges 20 sets Plank	DAY 15 20 Squats 20 Clunges
DAY 16 20 Lunges 20 sets Plank	DAY 17 REST	DAY 18 20 Squats 20 Clunges
DAY 19 20 Lunges 20 sets Plank	DAY 20 20 Squats 20 Clunges	DAY 21 20 Lunges 20 sets Plank
DAY 22 40 Squats 40 Clunges	DAY 23 20 Lunges 20 sets Plank	DAY 24 REST
DAY 25 40 Squats 40 Clunges	DAY 26 20 Lunges 20 sets Plank	DAY 27 40 Squats 40 Clunges
DAY 28 20 Lunges 20 sets Plank	DAY 29 20 Squats 20 Clunges	DAY 30 40 Lunges 20 sets Plank

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DAILY FITNESS PLANNER

MY GOAL	BREAKFAST

POSITIVE AFFIRMATION	LUNCH

NOTES	DINNER

	SNACK

	WATER

	EXERCISE

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Fitness Planner Framework

Jiyuan Zhang



Fitness Planner Framework:

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equipment *Implementation of the Health and Physical Fitness Program in the Veterans Administration* ,1985 **No**

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scholars and researchers in physical education graduate students in health and physical education curriculum studies and teachers in physical education and health education It may also be of interest of researchers and graduate students in kinesiology fields and public health

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