

FIT ***FEARLESS***

***Fitness
Tracker***



BODY MEASUREMENTS



DATE:

DATE:

Chest

Waist

Chest

Waist

Bellybutton

Hip

Bellybutton

Hip

Upper Arm

Right

Left

Upper Arm

Right

Left

Thigh

Right

Left

Thigh

Right

Left

Calves

Right

Left

Calves

Right

Left

WORKOUT TRACKER



	1	2	3	4	5	6	7
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							

Key:

-  Walking
-  Weight Session
-  Fitness Class
-  Other

Rest days are a crucial part of any fitness routine, as they allow the body to recover, repair, and rebuild. Without proper rest, muscles don't have the time they need to heal, which can lead to fatigue decreased performance, and even injury. Incorporating regular rest days ensures long-term progress and overall well-being.

30 DAY CHALLENGE



1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

note:

NOTE

