30 Days to a better you

Progress chart

Name:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | monday | tuesday | wednesday | thursday | friday | saturday |
| **Workout Goals Met?**  **WEEK 1** | **YES**  **NO** | **Yes**  **no** | **Rest**  **Day!** | **Yes**  **no** | **Yes**  **no** | **Yes**  **no** | **Rest**  **Day!** |
| **Week 2** | **Yes**  **no** | **Yes**  **no** | **Rest**  **day** | **Yes**  **no** | **Yes**  **no** | **Yes**  **no** | **Rest**  **Day!** |
| **Week 3** | **Yes**  **no** | **Yes**  **no** | **Rest day!** | **Yes**  **no** | **Yes**  **no** | **Yes**  **no** | **Rest**  **Day!** |
| **Week 4** | **Yes**  **no** | **Yes**  **no** | **Rest**  **Day!** | **Yes**  **no** | **Yes**  **no** | **Yes**  **no** | **Rest**  **Day!** |

|  |
| --- |
| Personal goals: |