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!** |

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| --- |
| Personal goals:  |