

**WEEK 1 You Started for a Reason!**

Name: \_\_\_\_\_ Level (circle): Beginner / Advanced

Starting Weight: \_\_\_\_\_ Goal Weight: \_\_\_\_\_

How many workouts did you attend this week: \_\_\_\_\_

Did you post your Accountability Monday and Positive Friday? \_\_\_\_\_

How do you feel: \_\_\_\_\_

**WEEK 2 Soreness will get better**

Starting Weight: \_\_\_\_\_ Goal Weight: \_\_\_\_\_

How many workouts did you attend this week: \_\_\_\_\_

How do you feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEK 3 Body starts changing**

Starting Weight: \_\_\_\_\_ Goal Weight: \_\_\_\_\_

How many workouts did you attend this week: \_\_\_\_\_

How do you feel: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_