

**WEEK 4 Milestone! This is when the non-serious people quit**

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

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

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

\_\_\_\_\_

\_\_\_\_\_

**WEEK 5 You've passed the halfway point!**

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

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

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

\_\_\_\_\_

\_\_\_\_\_

**WEEK 6 You're owning this shit. It's now a habit.**

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

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

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

\_\_\_\_\_

\_\_\_\_\_