2013 FITNESS TRACKER

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___		1 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	2 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	3 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	4 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	5 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	6 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	7 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	8 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	9 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	10 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	11 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	12 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	13 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	14 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	15 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	16 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	17 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	18 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	19 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	20 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	21 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	22 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	23 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	24 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	25 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	26 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	27 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	28 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	29 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	30 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	31 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	Monthly Goal:_____ Actual Loss:_____ Overall Loss:_____ Prize:_____	

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	2 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	3 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	4 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	5 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	6 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	7 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	8 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	9 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	10 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	11 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	12 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	13 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	14 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	15 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	16 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	17 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	18 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	19 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	20 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	21 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	22 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	23 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	24 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	25 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	26 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	27 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	28 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	Monthly Goal:_____ Actual Loss:_____ Overall Loss:_____ Prize:_____	

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	2 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	3 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	4 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	5 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	6 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	7 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	8 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	9 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	10 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	11 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	12 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	13 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	14 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	15 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	16 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	17 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	18 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	19 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	20 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	21 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	22 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	23 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	24 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	25 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	26 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	27 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	28 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	29 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	30 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	31 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	Monthly Goal:_____ Actual Loss:_____ Overall Loss:_____ Prize:_____					

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	2 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	3 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	4 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	5 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	6 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	7 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	8 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	9 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	10 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	11 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	12 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	13 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	14 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	15 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	16 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	17 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	18 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	19 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	20 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	21 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	22 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	23 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	24 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	25 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	26 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	27 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	28 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	29 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	30 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	Monthly Goal:_____ Actual Loss:_____ Overall Loss:_____ Prize:_____			

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	2 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	3 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	4 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	5 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	6 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	7 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	8 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	9 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	10 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	11 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	12 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	13 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	14 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	15 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	16 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	17 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	18 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	19 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	20 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	21 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	22 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	23 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	24 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	25 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	26 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	27 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	28 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	29 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	30 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	31 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	Monthly Goal:_____ Actual Loss:_____ Overall Loss:_____ Prize:_____

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	2 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	3 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	4 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	5 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	6 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	7 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	8 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	9 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	10 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	11 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	12 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	13 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	14 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	15 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	16 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	17 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	18 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	19 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	20 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	21 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	22 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	23 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	24 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	25 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	26 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	27 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	28 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	29 Good Nutrition ☐ Exercise ☐ Sit-ups ☐
Wt.: ___ Thigh: ___ Waist: ___ Hip: ___	30 Good Nutrition ☐ Exercise ☐ Sit-ups ☐	Monthly Goal:_____ Actual Loss:_____ Overall Loss:_____ Prize:_____					