

Progress Tracking Form

Track measurements, strength, and progress over time

CLIENT NAME

START DATE

GOAL

Body Measurements

Measurement	Baseline	Week 4	Week 8	Week 12	Week 16	Week 20
Weight (lbs/kg)						
Body Fat %						
Chest						
Waist						
Hips						
Right Arm						
Left Arm						
Right Thigh						
Left Thigh						

Strength Benchmarks

Exercise	Baseline	Month 1	Month 2	Month 3	Month 4	Month 5
Squat						
Deadlift						
Bench Press						
Overhead Press						

Exercise	Baseline	Month 1	Month 2	Month 3	Month 4	Month 5
Pull-ups/Lat Pull						
Row						

Cardiovascular Markers

Resting Heart Rate (Baseline)

Endurance Test (Baseline) - e.g., 1 mile time, step test

Resting Heart Rate (Current)

Endurance Test (Current)

Progress Photos

Track when progress photos were taken:

☐ Baseline photos taken
 ☐ Week 4
 ☐ Week 8
 ☐ Week 12
 ☐ Week 16
 ☐ Week 20

Progress Notes