

Fitness Progress Tracker

This 12-week tracker focuses on both visible and invisible progress. Fill it out weekly. Review every 4 weeks to spot trends.

We ek	Energy 1-10	Mood 1-10	Sleep (hrs)	Workout (Y/N)	Performance Reps / Weight / Distance	Notes
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						

Tip: If you need more space for Notes or Performance details, print two copies and dedicate one to deeper training logs.