

Progress Tracker Worksheet

Date: _____

Date of last progress check-in: _____

1. Body composition

Tracking body weight: Weigh yourself on the same scale at the same time of day (usually first thing in the morning is the most consistent). Remember that your weight will normally fluctuate slightly by a few pounds depending on things like water retention from a salty meal and your menstrual cycle. I prefer to weigh daily and then take the weekly average.

Tracking tape measurements: To take tape measurements, use a soft tape measure and wrap it around the circumference of each body part. Don't let it hang too slack or pull it too tight. Measure at widest point: chest, hips, thighs, calves, forearms. Measure at midpoint: neck, upper arms, waist (use bellybutton as a guide for consistency).

	Last time	This time	Change	Goal for next time
Body weight				

Tape measurements

Neck				
Chest				
Waist				
Hips				
Thigh				
Calf				
Upper arm				

Forearm				
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Skinfold caliper readings (if applicable)

	Last time	This time	Change	Goal for next time
Axilla				
Triceps				
Subscapularis				
Pectoral				
Abdominal				
Suprailiac				
Thigh				

El cheapo low-tech indicators

Resting heart rate: _____ beats per minute
 (measure first thing in the morning before you get out of bed)

Check “yes” for each statement if applicable.

Yes No My clothes fit me better.

Yes No I’ve been able to fit into a smaller size (if that’s my goal) or a larger size (if that’s my goal). (In other words, either your waist has shrunk or your giant biceps are ripping out of shirts. Either is good, right?)

Yes No I can see a little more definition in places where I normally lose fat first (so, for example, in your face and upper body if you are pear-shaped; in your legs if you are apple-shaped).

Yes No I can see a lot more definition in places where I normally lose fat first.

Yes No I can see more definition in areas where I normally lose fat last.

- Yes No I have taken a progress picture since the last time I measured myself, and I can see a difference.
- Yes No When I meet people I haven't seen in a while, they say "Hey! You're looking good!"
- Yes No When I meet people I haven't seen in a while, they say, "Hey! You better quit working out before you get too fit!" I have decided to get new friends.
- Yes No People who see me every day are now commenting on the change.
- Yes No Most days, I feel pretty good and have lots of energy.
- Yes No At my last medical checkup, my readings (e.g. blood pressure, cholesterol, etc.) were either in a normal range or better.

2. Daily life activities

Rank how you feel about each activity on a scale of 1 to 5 by circling the number that applies.

- 1 - I am pain free and strong; I feel very confident doing this; I am a freaking ninja!
- 2 - I am OK doing this but not amazing.
- 3 - I feel some discomfort doing this, or don't feel very confident.
- 4 - This causes me some pain, and/or I worry about doing it.
- 5 - I can't do this without significant pain, and/or I absolutely dread it, and/or I don't do it if at all possible.

Activity	My score this time	My score last time
Getting out of bed	1 2 3 4 5	1 2 3 4 5
Climbing stairs	1 2 3 4 5	1 2 3 4 5
Getting in and out of a car	1 2 3 4 5	1 2 3 4 5
Getting out of a chair	1 2 3 4 5	1 2 3 4 5
Picking up items from floor	1 2 3 4 5	1 2 3 4 5

Activity	My score this time	My score last time
Carrying heavy items in hands or with arms	1 2 3 4 5	1 2 3 4 5
Lifting and moving heavy objects	1 2 3 4 5	1 2 3 4 5
Reaching overhead	1 2 3 4 5	1 2 3 4 5
Household chores	1 2 3 4 5	1 2 3 4 5
Any physical demands of your job	1 2 3 4 5	1 2 3 4 5
Walking at a moderate pace for short periods	1 2 3 4 5	1 2 3 4 5
Walking briskly	1 2 3 4 5	1 2 3 4 5
Jogging a little	1 2 3 4 5	1 2 3 4 5
Jogging a lot	1 2 3 4 5	1 2 3 4 5
Running like a guy with an axe is chasing you	1 2 3 4 5	1 2 3 4 5
Doing an unexpected physically challenging task (e.g. suddenly having to run across the street to grab a child; having to move a couch; having to sprint for a flight while hauling luggage, etc.)	1 2 3 4 5	1 2 3 4 5
Feeling stable when balance is challenged (e.g. standing on a moving train, walking on ice)	1 2 3 4 5	1 2 3 4 5

3. Physical confidence and skill

For each activity, rank on a scale from 1 to 5.

- 1 - I am mistress of my domain. All kneel before me and kiss my biceps.
- 2 - I'm OK. I could probably feel more confident or know more.
- 3 - I have only a little knowledge and/or I don't feel very confident.
- 4 - I feel concerned and/or nervous about my performance or knowledge.
- 5 - I feel clueless and/or pants-peeingly scared.

Activity	My score this time	My score last time
Finding my way around the gym	1 2 3 4 5	1 2 3 4 5
Using machines	1 2 3 4 5	1 2 3 4 5
Using free weights	1 2 3 4 5	1 2 3 4 5
Using a power rack or cage	1 2 3 4 5	1 2 3 4 5
Doing the big girl lifts: squats, deadlifts, pulldowns/ pullups, standing overhead presses, etc.	1 2 3 4 5	1 2 3 4 5
Doing the Olympic lifts, if I have learned them	1 2 3 4 5	1 2 3 4 5
Trying a new movement in private	1 2 3 4 5	1 2 3 4 5
Trying a new weight room or gym activity	1 2 3 4 5	1 2 3 4 5
Trying a new physical activity altogether	1 2 3 4 5	1 2 3 4 5
Trying a new physical activity with an audience	1 2 3 4 5	1 2 3 4 5
Asking questions and finding information if I don't know something	1 2 3 4 5	1 2 3 4 5

Activity	My score this time	My score last time
Social interaction with people in the gym	1 2 3 4 5	1 2 3 4 5
Following a workout someone else made for me	1 2 3 4 5	1 2 3 4 5
Putting together my own workout plan	1 2 3 4 5	1 2 3 4 5
Understanding why I made the choices I did in this workout plan	1 2 3 4 5	1 2 3 4 5
Making and setting goals	1 2 3 4 5	1 2 3 4 5
Doing a detailed needs assessment and developing a long term training program for myself	1 2 3 4 5	1 2 3 4 5

4. Accomplishments

Five lifts or tasks I am most proud of are:

Lift or task	Score this time (reps, weight, time, etc.)	Last time
Example: Squat	100 lbs for 5 reps	90 lbs for 2 reps
Lift or task	Score this time (reps, weight, time, etc.)	Last time

5. Winning at the game of life

In this last period, I've done the following, or the following things have happened:

Yes No I've deliberately taken on something that was a little challenging for me physically, either because of the skill level or because of the fitness level required

What was it? _____

What did I learn? _____

Yes No I've taken on something challenging by accident, but it turned out OK

What was it? _____

What did I learn? _____

Yes No I've deliberately taken on something so challenging that I wasn't sure if I'd even make it.

What was it? _____

What did I learn? _____

Yes No I've done something that I thought I might not have been able to do when I first started working out

What was it? _____

What did I learn? _____

Yes No People have started referring to me as "the one who's in good shape" or "the one who's always at the gym".

Yes No For the most part, I associate with people who support and affirm me and my good fitness and health habits.

Yes No For the most part, I avoid people who put me down and make me feel like crap, or who enable me to indulge in self-destructive behaviours and thinking.

Yes No I've found role models that inspire me to improve myself in healthy and positive ways.

6. Looking ahead

If I set goals last time, what were they?

Did I meet those goals?

Why or why not?

What could I have done better?

What have I learned about what I need to accomplish those goals?

In order to keep progressing, I need to:

In order to do that, the steps I will take are: