



Bootcamp Progress Record

Name:

Body Measurements – Use the same digital scales and measuring tape. Be sure to also take before/ after photos – front, side, back - showing as much skin as possible to notice even the smallest of changes.

Date	Weight	Chest	Waist	Hip	Upper Arm	Thigh

Fitness Tracker – Pick one exercise that you find difficult during the session and count the amount of times you do that exercise in the given time period.

Exercise	Start - Week 1	Finish - Week 4
Upper Body:		
Lower Body:		
Core:		
Cardio:		
Other:		

Remember, results are not just about appearance changes or improving fitness levels. Results can show in your mindset, mood, energy, sleep patterns, wellness. Recording results is imperative to remind you how far you've come when you're lacking in motivation.