

Enter Daily Calorie and Macro Goals Here	Calories	Protein	Fats	Carbohydrates						

27/04/2020	Calories	Protein	Fats	Carbohydrates	Daily Weight*	*Only track if able to track daily	
Monday						lbs	
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
REMAINING						Average Weight	

*change the order of days if you didn't start on a Monday. The first day of your week should be the day you take measurements

Average

End of Week 3 Measurements					
Date	Waist	Hips	Left Arm	Right Thigh	Weight
	(Around belly button)	(Around widest part of bum)	(Half way between shoulder and elbow)	(Widest part of thigh)	*Optional
04/05/2020					

Week 3 Training

