

	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												

[illegible]