

BODY MEASUREMENT CHART

Date: | Date: | Date: |
NECK

Date: | Date: | Date: |
LEFT ARM

Date: | Date: | Date: |
RIGHT ARM

Date: | Date: | Date: |
CHEST

Date: | Date: | Date: |
WAIST

Date: | Date: | Date: |
HIPS

Date: | Date: | Date: |
LEFT THIGH

Date: | Date: | Date: |
RIGHT THIGH

Date: | Date: | Date: |
LEFT CALF

Date: | Date: | Date: |
RIGHT CALF

Date: | Date: | Date: |
LEFT ANKLE

Date: | Date: | Date: |
RIGHT ANKLE

WEIGHT TRACKER

Tracking your weight can be a useful and valuable practice for some people, but it's important to approach it with a healthy mindset and in the context of your overall health and fitness goals.

STARTING WEIGHT

GOAL WEIGHT

NOTES

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20 DAYS OF FITNESS

Follow this 20 days fitness plan to boost your fitness level. Do as many reps as you can!

Repeat 2 times	Day 1	Day 2	Day 3	Day 4	Day 5	
Jumping Jacks	10 reps	12 reps	13 reps		14 reps	
Crab walk with band	10 reps	12 reps	14 reps		16 reps	
Donkey kicks	10 reps	12 reps	14 reps		16 reps	
Push Up	5 reps	5 reps	5 reps	Rest Day	6 reps	
Butt lifts	10 reps	12 reps	13 reps		14 reps	
Plank	30 Sec	30 Sec	1 min		1 min	
Deadlifts	10 reps	10 reps	10 reps		10 reps	
Russian twist	10 reps	10 reps	10 reps		10 reps	
Side leg raises	10 reps	10 reps	10 reps		10 reps	
Overhead sholder press	10 reps	10 reps	10 reps		10 reps	
Stretch	10 min	10 min	10 min		10 min	
Repeat 2 times	Day 6	Day 7	Day 8		Day 9	Day 10
Jumping Jacks	15 reps	16 reps			17 reps	17 reps
Crab walk with band	18 reps	20 reps		22 reps	22 reps	
Donkey kicks	18 reps	20 reps		22 reps	22 reps	
Push Up	7 reps	7 reps	Rest Day	8 reps	8 reps	
Butt lifts	15 reps	16 reps		17 reps	18 reps	
Plank	1 min	1 min		1 min	1 min	
Deadlifts	15 reps	16 reps		17 reps	17 reps	
Russian twist	15 reps	16 reps		17 reps	17 reps	
Side leg raises	15 reps	16 reps		17 reps	17 reps	
Overhead sholder press	15 reps	16 reps		17 reps	17 reps	
Stretch	10 min	10 min		10 min	10 min	
Repeat 3 times	Day 11	Day 12		Day 13	Day 14	Day 15
Jumping Jacks	18 reps			19 reps	20 reps	21 reps
Crab walk with band	24 reps		26 reps	28 reps	30 reps	
Donkey kicks	24 reps		26 reps	28 reps	30 reps	
Push Up	9 reps	Rest Day	9 reps	9 reps	9 reps	
Butt lifts	19 reps		20 reps	21 reps	22 reps	
Plank	1 min		1 min	1 min	1 min	
Deadlifts	18 reps		19 reps	20 reps	21 reps	
Russian twist	18 reps		19 reps	20 reps	21 reps	
Side leg raises	18 reps		19 reps	20 reps	21 reps	
Overhead sholder press	18 reps		19 reps	20 reps	21 reps	
Stretch	10 min		10 min	10 min	10 min	
Repeat 3 times	Day 16		Day 17	Day 18	Day 19	Day 20
Warmup with Jumping Jacks			22 reps	23 reps	24 reps	
Crab walk with band		32 reps	34 reps	36 reps		
Donkey kicks		32 reps	34 reps	36 reps		
Push Up	Rest Day	10 reps	10 reps	10 reps	Rest Day	
Butt lifts		23 reps	24 reps	25 reps		
Plank		1 min	1 min	1 min		
Deadlifts		22 reps	23 reps	23 reps		
Russian twist		22 reps	23 reps	23 reps		
Side leg raises		22 reps	23 reps	23 reps		
Overhead sholder press		22 reps	23 reps	23 reps		
Stretch		10 min	10 min	10 min		

EXERCISE OVERVIEW

