

# Fitness Tool

Month One	Month Two	Month Three
Measure & weigh yourself monthly		

	1	2	3	4		1	2	3	4		1	2	3	4
weight					weight					weight				
bust					bust					bust				
waist					waist					waist				
hips					hips					hips				
rt. bicep					rt. bicep					rt. bicep				
lf. bicep					lf. bicep					lf. bicep				
rt. thigh					rt. thigh					rt. thigh				
lf. thigh					lf. thigh					lf. thigh				
rt. calf					rt. calf					rt. calf				
lf. calf					lf. calf					lf. calf				

This activity chart is to keep track of the fitness oriented things you do on a weekly basis. If you clean your home briskly for an hour straight, your heart rate is elevated and you break a sweat, then it counts as exercise. But, your goal is to add a little at a time and increase it as your fitness increases. **\*Always make sure to consult your doctor before jumping into a new exercise regimen.**

Bike rides, push ups, leg lifts, yoga, DVD workouts, fitness equipment, jogging, brisk walking, weight training and many other activities are healthy and productive things to write on this list.

Activities: Week One	goal
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Activities: Week Two	goal
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Activities: Week Three	goal
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Activities: Week Four	goal
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

# Fitness Tool: Month Two

Activities: Week One				goal
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>

Activities: Week Two				goal
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>

Activities: Week Three				goal
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>

Activities: Week Four				goal
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>

Notes:

# Fitness Tool: Month Three

Activities: Week One				goal
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>

Activities: Week Two				goal
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>

Activities: Week Three				goal
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>

Activities: Week Four				goal
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>

Notes: