


WEEKLY INTENTIONS




		GOAL	CARDIO	TRAINING	STEPS	CALORIES/ MACROS	
1	9/12	FAT LOSS 1					
2	9/19	FAT LOSS 2					
3	9/26	FAT LOSS 3					
4	10/3	FAT LOSS 4					
5	10/10	FAT LOSS 5					
6	10/17	FAT LOSS 6					
7	10/24	FAT LOSS 7					
8	10/31	DIET BREAK					
9	11/7	FAT LOSS 8					
10	11/14	FAT LOSS 9					
11	11/21	DIET BREAK					
12	11/28	FAT LOSS 10					
13	12/5	FAT LOSS 11					
14	12/12	FAT LOSS 12					
15	12/19	DIET BREAK					
16	12/26	DIET BREAK					

Happy New Year!

WEEKLY INTENTIONS



		GOAL	CARDIO	TRAINING	STEPS	CALORIES/ MACROS	
1	9/12						
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11	11/21						
12	11/28						
13	12/5						
14	12/12						
15	12/19						
16	12/26						

Happy New Year!

WEEKLY INTENTIONS



DATE

GOAL

CARDIO

TRAINING

STEPS

CALORIES/
MACROS



1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

Happy New Year!

Weekly Tracker

Sizing	Week _	Week _	Week _	Week _
Chest				
Arm				
Waist				
Hips				
Thigh				
Calf				
Inches Lost				

Numbers	Week _	Week _	Week _	Week _
Avg Weight				
BF %				
Weight Lost				