

# PROGRESS TRACKING

Here are some different objective and subjective ways to track your progress depending on what's most important to you. Select your goal from the list and track your progress regularly using that method.

## 01 Aesthetics



Take progress photos each week from the front, the side, and the back at the same time of day wearing the same clothing.

## 02 Strength



Complete the following assessment each week and rate difficulty:

- 10 push ups • 20 squat jumps • 1m hollow body hold

## 03 Wellness



Journal about the following prompts each week:

- How is your energy? How is your mental clarity?

## 04 Flexibility



Take progress photos every 2 weeks after stretching consistently.

## 05 Endurance



Time your 1 mile walk/jog/run at a consistent time of day and rate the difficulty from 1-10 each week.