



PROGRESS TRACKER

*Sofa
to Sensational*

COMPLETE AND RECORD THE FOLLOWING EACH WEEK:

Your goal is to surpass the numbers you recorded during the previous week. **Push yourself to do your personal best – whatever that may be.** Do not compromise form—remember, quality over quantity.

1

Hold a [Forearm Plank](#) as long as you can. (Do not allow your butt to stick up in the air or your belly to slump to the floor. Keep your eyes straight ahead. Contract your glutes and core.)

2

Hold a [Wall Sit](#) as long as you can. (Keep your shoulders and lower back pressed against the wall. Your knees should stay behind your toes. If they extend out further, you will need to take another step away from the wall.)

3

Perform [Push Ups](#) for 30 seconds and record how many reps you completed. Indicate what type of Push Up you completed: **Wall** Push Ups - **Knee** Push Ups - **Standard** Push Ups. (Contract your core and keep your head, shoulders, back and legs in a straight line.)

EXERCISE/WEEK	Week 1 Date:	Week 2 Date:	Week 3 Date:	Week 4 Date:
Forearm Planks	Seconds: _____	Seconds: _____	Seconds: _____	Seconds: _____
Wall Sit	Seconds: _____	Seconds: _____	Seconds: _____	Seconds: _____
Push Ups	Reps: _____ Type: _____	Reps: _____ Type: _____	Reps: _____ Type: _____	Reps: _____ Type: _____

TAKING INVENTORY - Each week take note of your habits to better crush your goals.

- 1 This week I focused on eating meals made with FfL-friendly, real food ingredients:
 - Frequently—My diet primarily consisted of nutritious, whole foods.
 - Sometimes—My diet yo-yo’ed between whole foods and heavily processed foods.
 - Rarely—My diet primarily consisted of highly processed foods.
- 2 This week I felt tired, drowsy and with no energy:
 - Frequently ----- Sometimes ----- Rarely
- 3 What went well this week and what were my roadblocks?
- 4 How can I make next week a healthier one?
- 5 My weight: _____

	Week 1	Week 2	Week 3	Week 4
Question 1				
Question 2				
Question 3				
Question 4				
Question 5				