



Starting Stats and 9-Week Goals

Start Date _____

Exercise Type and Duration:

Present exercise _____

Minutes per day/schedule _____

Exercise goal _____

Minutes per day/schedule _____

Measurements

Height: _____ Weight: _____ BMI: _____ Bodyfat %: _____
BP: _____ Pulse: _____ Respiration: _____ Estimated Max HR: _____
Neck: _____ Waist: _____ Hip: _____ Arm: R _____ L _____
Forearm: R _____ L _____ Thigh: R _____ L _____ Calf: R _____ L _____

GOALS ENVISIONED: _____

OBSTACLES IN MY WAY: _____

SOLUTIONS TO THOSE OBSTACLES: _____

