

30 Day Goal Setting & Tracking

Name: _____ **ID#:** _____ **Start Date:** _____

My 30 Day Body Goal is: _____

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

My 30 Day Mind Goal is: _____

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

Keep Track of Your Stats!

	Day 1	Day 7	Day 15	Day 21	Day 30
Weight					
Waist					
Chest					
Hips/Thighs					
Upper Arms					

Submit this form with photos as part of your 30 day Completion