



Individual Progress Chart

RECORD WEIGHTS, CHANGES IN MUSCLE TONE,
CHANGES IN BODY MEASUREMENTS, ETC.



Fit with Deb

Week #1			
WORKOUT	WEIGHTS	CHANGES	NOTES

Week #6			
WORKOUT	WEIGHTS	CHANGES	NOTES

Week #2			
WORKOUT	WEIGHTS	CHANGES	NOTES

Week #7			
WORKOUT	WEIGHTS	CHANGES	NOTES

Week #3			
WORKOUT	WEIGHTS	CHANGES	NOTES

Week #8			
WORKOUT	WEIGHTS	CHANGES	NOTES

Week #4			
WORKOUT	WEIGHTS	CHANGES	NOTES

Week #9			
WORKOUT	WEIGHTS	CHANGES	NOTES

Week #5			
WORKOUT	WEIGHTS	CHANGES	NOTES

Week #10			
WORKOUT	WEIGHTS	CHANGES	NOTES