

# Progress Record

## Measurements

Date								
Height								
Weight								
Neck								
Chest								
Arm								
Waist								
Thigh								
Calf								

## Strength

Date								
Bench Press								
Squat								
Deadlift								
Press								
Curl								

## Endurance

Date								
Walking								
Jogging								
Bicycle								

Before you begin any program, record your measurements along with strength and endurance performance. Record and track this information once per month.