

LEAN & SHRED – MONTHLY PROGRESS TRACKER

Use this tracker to record your physical progress, habits, and consistency throughout each month.
Track once per week (same day/time) for accuracy. Consistency over perfection is key.

1. Weight & Measurements (Weekly Check-Ins)

Week	Weight (lb)	Waist (in)	Chest (in)	Arms (in)	Legs (in)	Notes
Week 1						
Week 2						
Week 3						
Week 4						

2. Gym Performance Tracker

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Bench Press (lbs)					
Squat (lbs)					
Deadlift (lbs)					
Pull-Ups (reps)					
Plank (sec)					
Other:					

3. Habits & Consistency Tracker

Use checkmarks or notes to track your consistency daily. Aim for 80%+ adherence each week.

Key Habits:

- Hit calorie/protein goal
- Completed workout
- Slept 7–8 hours
- Drank 3L water
- No skipped meals
- Limited alcohol/sugar

Day	Workout	Nutrition	Sleep	Hydration	Notes
Mon					
Tue					
Wed					
Thu					

Fri					
Sat					
Sun					

4. Monthly Reflection

Use this space to reflect on progress, wins, and adjustments for next month.

What went well?

What needs improvement?

Next month’s goals: