

Six-Pack Monthly Tracking Sheet (4 Weeks + Progress Tracker)

Week 1

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 2

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 3

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

Week 4

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

■ Progress Tracker

Starting Weight: _____ lbs

Week 1 Weight: _____ lbs

Week 2 Weight: _____ lbs

Week 3 Weight: _____ lbs

Week 4 Weight: _____ lbs

Starting Waist Measurement: _____ in

Week 1 Waist: _____ in

Week 2 Waist: _____ in

Week 3 Waist: _____ in

Week 4 Waist: _____ in

Photo Checkpoints (Front / Side / Back):

■ Starting ■ Week 2 ■ Week 4

Notes / Adjustments: _____
