

Six-Pack Transformation Tracker (12 Weeks)

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	■	■	■	■	

Week 5

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 6

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 7

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 8

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 9

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 10

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 11

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 12

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 4 Weight: _____ lbs

Week 8 Weight: _____ lbs

Week 12 Weight: _____ lbs

Starting Waist Measurement: _____ in

Week 4 Waist: _____ in

Week 8 Waist: _____ in

Week 12 Waist: _____ in

Photo Checkpoints (Front / Side / Back):

■ Starting ■ Week 4 ■ Week 8 ■ Week 12

Notes / Adjustments: _____
