

FITNESS PROGRESS TRACKER — & ASSESSMENT PACK —

MEASURE TODAY. TRACK TOMORROW. TRANSFORM YOURSELF.



STRENGTH

TRACK YOUR
PERFORMANCE

- Push-ups
- Pull-ups
- Sit-ups (2 min)
- Squats (2 min)
- Burpees (2 min)



ENDURANCE

MEASURE YOUR
FITNESS LEVEL

- 1 Mile Run
- 1.5 Mile Run
- Conditioning (10 min)



MEASUREMENTS

MONITOR YOUR
BODY CHANGES

- Weight
- Waist
- Chest
- Upper Arm
- Thigh



PROGRESS

SEE YOUR PROGRESS
OVER TIME

- 4-Week Checkpoints
- Progress Scorecard
- Results Summary
- Goal Tracking

A PRACTICAL TOOL
TO HELP YOU

GET FIT. GET STRONG. STAY CONSISTENT.



FROM THE CREATORS OF
COMMANDO FITNESS

Starting Measurements

Initial Assessment

- Age

-
- Height

-
- Weight

-
- Waist

-
- Chest

-
- Upper Arm

-
- Thigh
-

Goals

- Target Weight

-
- Target Waist

-
- Primary Fitness Goal
-

Initial Fitness Assessment

Strength

Push-ups (max)

Pull-ups (max)

Sit-ups (2 min)

Squats (2 min)

Burpees (2 min)

Endurance

1 Mile Run

1.5 Mile Run

Burpees (10 min)

Progress Scorecard

Progress Assessment

Strength	Week 4	Week 8	Week 12	Week 16
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Push-ups (max)				
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Pull-ups (max)				
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Sit-ups (2 min)				
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Squats (2 min)				
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Burpees (2 min)				
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Endurance	Week 4	Week 8	Week 12	Week 16
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1 Mile Run				
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1.5 Mile Run				
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Burpees (10 min)				
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Body Measurement Tracker

Measurement	Week 4	Week 8	Week 12	Week 16
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• Weight				
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• Waist				
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• Chest				
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• Upper Arm				
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• Thigh				
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Final Assessment

Results

Strength	Start	Finish	Improvement
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Push-ups (max)

Pull-ups (max)

Sit-ups (2 min)

Squats (2 min)

Burpees (2 min)

Endurance	Start	Finish	Improvement
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1 Mile Run

1.5 Mile Run

Burpees (10 min)

Body Measurement Tracker

Measurement	Start	Finish	Difference
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• Weight

• Waist

• Chest

• Upper Arm

• Thigh

Goal Review

Initial Goal

- Target Weight

- Target Waist

- Primary Fitness Goal

Results

- Weight

- Waist

- Fitness Goal

Goal Achieved?

Yes ☐

Not yet ☐

My new Goals

What worked best?

Why?
