



Petal & Paper

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Fitness goal tracker



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THIS MONTH'S GOALS

fitness tracker

Goal 1 — Cardio

Target: _____
Week 1: _____
Week 2: _____
Week 3: _____
Week 4: _____
Result: _____

Goal 2 — Strength

Target: _____
Week 1: _____
Week 2: _____
Week 3: _____
Week 4: _____
Result: _____

Goal 3 — Weight / measurements

Start weight: ____ Start waist: ____
Week 2: ____ Waist: ____
Week 4 (end): ____ Waist: ____
Difference: _____

Monthly reflection

What worked: _____
What to improve: _____
Next month target: _____