

Bodysculpting Tracker

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Weekly totals: Add up caloric expenditure for seven days of exercise and caloric daily nutrition, weigh in, and identify successes and challenges.

Estimated Pounds Per Week:

	Initial	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<i>Date</i>							
<i>Weight</i>							
<i>Nutrition</i>							
<i>Cardio</i>							
<i>Workout</i>							
<i>Other</i>							
	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	
<i>Date</i>							
<i>Weight</i>							
<i>Nutrition</i>							
<i>Cardio</i>							
<i>Workout</i>							
<i>Other</i>							

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<i>Workout</i>							
<i>Other</i>							
	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	
<i>Date</i>							
<i>Weight</i>							
<i>Nutrition</i>							
<i>Cardio</i>							
<i>Workout</i>							
<i>Other</i>							

Online sheet available at www.fitnessfoundry.net

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