Weekly Progress Report

Please fill out this weekly progress report to help us track your progress and adjust your plan as necessary. Your feedback is crucial for us to ensure you’re meeting your fitness and nutrition goals.

1. **Workout Performance**

How did your workouts go this week? Please provide details below.

1.1. Days you worked out this week:

 • 1-2

 • 3-4

 • 5+

1.2. Did you feel stronger or more capable in any specific exercises?

 • Yes

 • No

If yes, please list them:

1.3. Were there any exercises that felt more difficult than expected?

 • Yes

 • No

If yes, please list them:

1.4. Did you experience any pain or discomfort during your workouts?

 • Yes

 • No

If yes, please explain:

1.5. Overall workout rating (1-10):

1.6. Additional comments about your workouts:

2. **Nutrition**

How was your nutrition this week?

2.1. Did you stick to your meal plan?

 • Yes

 • No

2.2. Were there any days you went over or under your calorie/protein goals?

 • Yes

 • No

If yes, please explain:

2.3. How was your energy level throughout the week?

 • Low

 • Average

 • High

2.4. Did you try any new foods or recipes that worked well for you?

 • Yes

 • No

If yes, please list them:

2.5. Any specific cravings or struggles with sticking to the meal plan?

 • Yes

 • No

If yes, please explain:

3. **Body Measurements and Weight**

Please record your current measurements.

3.1. Weight (lbs or kg):

3.2. Waist measurement (inches or cm):

3.3. Chest measurement (inches or cm):

3.4. Hips measurement (inches or cm):

3.5. Arm measurement (inches or cm):

3.6. Thigh measurement (inches or cm):

4. **Progress Photos (Optional)**

Feel free to attach progress photos taken from the front, side, and back to track visual progress.

5. **Sleep and Recovery**

Sleep and recovery are key to progress.

5.1. How many hours of sleep did you get on average per night?

 • Less than 5 hours

 • 5-6 hours

 • 7-8 hours

 • 8+ hours

5.2. Did you feel well-rested in the morning?

 • Yes

 • No

5.3. Any soreness or fatigue this week?

 • Yes

 • No

If yes, please describe:

6. **Overall Progress and Motivation**

6.1. How do you feel about your overall progress this week?

 • Very satisfied

 • Satisfied

 • Neutral

 • Dissatisfied

6.2. What motivated you the most to stay on track?

6.3. Any challenges you faced this week?

 • Yes

 • No

If yes, please explain:

6.4. Is there anything you’d like us to adjust in your plan for next week?

Thank you for completing your progress report! We’ll review this and make any necessary adjustments to keep you on track for your goals.