



WEIGHTS FOR WOMEN

28 Day Progress

Print off this download and use it to keep track of your progress if you are following the workouts in order.

DAY 1		DAY 2		DAY 3		DAY 4	
DAY 5		DAY 6		DAY 7		DAY 8	
DAY 9		DAY 10		DAY 11		DAY 12	
DAY 13		DAY 14		DAY 15		DAY 16	
DAY 17		DAY 18		DAY 19		DAY 20	
DAY 21		DAY 22		DAY 23		DAY 24	
DAY 25		DAY 26		DAY 27		DAY 28	

If you are following these workouts as a consecutive daily programme take your measurements on day 1 and again on day 28. Keep a record below or measure with string and attach it to this sheet for your re-measure.

DAY 1		DAY 28		RESULT
BUST		BUST		
WAIST		WAIST		
BUTTOCKS		BUTTOCKS		
LEG*		LEG*		
ARM*		ARM*		

*non-dominant

