

# GO FETCH FITNESS PROGRESS LOG



My personal starting weight: \_\_\_\_\_

My dog's starting weight: \_\_\_\_\_

My teams starting weight: \_\_\_\_\_

My starting weight this week: \_\_\_\_\_

My dog's starting weight this week: \_\_\_\_\_

My teams starting weight this week: \_\_\_\_\_

Lifestyle and or diet mini-goals this week:

#1 \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

	<b>Steps taken</b>	<b>Walking time</b>	<b>Personal/Team notes</b>
<b>Mon.</b>			
<b>Tues.</b>			
<b>Wed.</b>			
<b>Thurs.</b>			
<b>Fri.</b>			
<b>Sat.</b>			
<b>Sun.</b>			

Last weeks average steps: \_\_\_\_\_

This weeks average steps: \_\_\_\_\_

Week # \_\_\_\_\_