

☒ Check them off as you ACHIEVE them!

Fitness:								
	Week 1		Week 2		Week 3		Week 4	
Short Term		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Long Term								<input type="checkbox"/>
Nutrition:								
	Week 1		Week 2		Week 3		Week 4	
Short Term		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Long Term								<input type="checkbox"/>