



MOJO TRACKER

keep track of your progress

(fill out this part before you proceed)

START DATE	WEIGHT	WAIST	CHEST	ARMS	THIGHS
⋮	⋮	⋮	⋮	⋮	⋮

WRITE DOWN YOUR GOALS
(be specific)

	DAY 7	DAY 14	DAY 21	DAY 28
KICKSTART PHASE	WEIGHT _____	WEIGHT _____	WEIGHT _____	WEIGHT _____
	WAIST _____	WAIST _____	WAIST _____	WAIST _____
	CHEST _____	CHEST _____	CHEST _____	CHEST _____
	ARMS _____	ARMS _____	ARMS _____	ARMS _____
	THIGHS _____	THIGHS _____	THIGHS _____	THIGHS _____
				<i>End of Kickstart</i>

	DAY 35	DAY 42	DAY 49	DAY 56
LEAN PHASE	WEIGHT _____	WEIGHT _____	WEIGHT _____	WEIGHT _____
	WAIST _____	WAIST _____	WAIST _____	WAIST _____
	CHEST _____	CHEST _____	CHEST _____	CHEST _____
	ARMS _____	ARMS _____	ARMS _____	ARMS _____
	THIGHS _____	THIGHS _____	THIGHS _____	THIGHS _____
	DAY 63	DAY 70	DAY 77	DAY 84
	WEIGHT _____	WEIGHT _____	WEIGHT _____	WEIGHT _____
	WAIST _____	WAIST _____	WAIST _____	WAIST _____
	CHEST _____	CHEST _____	CHEST _____	CHEST _____
	ARMS _____	ARMS _____	ARMS _____	ARMS _____
	THIGHS _____	THIGHS _____	THIGHS _____	THIGHS _____
				<i>End of Lean</i>