

YOUR 12-WEEK PROGRESS TRACKER

12 weeks. One tracker. Every rep, every meal, every win —
logged in one place so your progress is impossible to ignore.

NAME: _____

START DATE: _____ TARGET END DATE: _____

TRANSFORMATION SYSTEM

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How to Use This Tracker

- Fill in your Starting Measurements and Dashboard on Day 1 — before you begin, not after.
- Log every workout on the day you train. Don't wait until the end of the week to "remember."
- Weigh yourself on the same day, same time, same conditions each week for accurate trends.
- Tick your Water and Habit trackers daily — small consistent marks build the real transformation.
- Take progress photos every 2 weeks, same lighting, same pose. Photos show what the scale hides.
- Revisit your 12-Week Dashboard Summary at the end to see how far you've actually come.

This tracker works best paired with your 12-Week Transformation System training manual — use both side by side.

SECTION 01

Dashboard

Your transformation at a glance

STARTING WEIGHT	CURRENT WEIGHT	GOAL WEIGHT	DAYS COMPLETED
WORKOUT STREAK	WATER GOAL (L/DAY)	DAILY CALORIES	BODY FAT % GOAL

Motivation Quote

" _____ "

Why This Matters

Your dashboard is the one page you should revisit every single week. The scale is only one data point — pairing it with your streaks, your water intake, and a quote that keeps you locked in gives you the full picture. People who track consistently are far more likely to reach their goal than people who "just wing it." This page is your proof.

SECTION 02

Starting Measurements

Your Day 1 baseline — take these before anything else

Measure first thing in the morning, before eating or drinking, for the most accurate baseline. Use a soft tape measure and keep tension consistent every time.

Date	Weight	Chest	Waist	Hips	Arms	Thighs	Neck	Body Fat %

Notes

Measurement Guide

- Chest:** Around the fullest part, tape level under the arms.
- Waist:** At the narrowest point, usually just above the belly button.
- Hips:** Around the widest part of your glutes.
- Arms:** Flexed, at the peak of the bicep.
- Thighs:** Around the fullest part, mid-thigh.
- Neck:** Just below the Adam's apple / larynx.

SECTION 03

Weekly Weight Log

Same day, same time, every week

Week	Date	Weight	Change (+/-)	Notes
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				
Week 7				
Week 8				
Week 9				
Week 10				
Week 11				
Week 12				

Reading Your Trend

Don't panic over a single week's number—bodyweight fluctuates daily with water, sodium, carbs, and hormones. What matters is the trend across 3-4 weeks. If the overall line is moving in the right direction, the plan is working, even if one week looks flat.

SECTION 04

Workout Log

Training Day 1

Date: _____Muscle Group: _____

Duration: _____Energy (1-10): _____

Exercise	Set 1	Set 2	Set 3	Set 4	Weight	Reps

Notes / How It Felt

SECTION 04

Workout Log

Training Day 2

Date: _____Muscle Group: _____

Duration: _____Energy (1-10): _____

Exercise	Set 1	Set 2	Set 3	Set 4	Weight	Reps

Notes / How It Felt

SECTION 04

Workout Log

Training Day 3

Date: _____Muscle Group: _____

Duration: _____Energy (1-10): _____

Exercise	Set 1	Set 2	Set 3	Set 4	Weight	Reps

Notes / How It Felt

SECTION 04

Workout Log

Training Day 4

Date: _____Muscle Group: _____

Duration: _____Energy (1-10): _____

Exercise	Set 1	Set 2	Set 3	Set 4	Weight	Reps

Notes / How It Felt

SECTION 05

Nutrition Log

Daily Log — Day 1

Meal	What You Ate	Calories	Protein (g)
Breakfast			
Lunch			
Dinner			
Snacks			

Total Calories: _____Total Protein: _____

Water (L): _____Notes: _____

SECTION 05

Nutrition Log

Daily Log — Day 2

Meal	What You Ate	Calories	Protein (g)
Breakfast			
Lunch			
Dinner			
Snacks			

Total Calories: _____Total Protein: _____

Water (L): _____Notes: _____

SECTION 05

Nutrition Log

Daily Log — Day 3

Meal	What You Ate	Calories	Protein (g)
Breakfast			
Lunch			
Dinner			
Snacks			

Total Calories: _____Total Protein: _____

Water (L): _____Notes: _____

SECTION 06

Water Tracker

Fill a box for every glass — daily goal below

DAILY GOAL: _____ Liters | _____ Glasses (250ml each)

Day	1	2	3	4	5	6	7	8	9	10
1										
2										
3										
4										
5										
6										
7										
8										
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28										
29										
30										
31										

Tip: Keep a marked water bottle nearby so you always know exactly how much you've had left to drink.

SECTION 07

Habit Tracker

31 Days — tick every habit you complete

Day	Workout	Walk	Stretch	Vitamins	No Sugar	Read	Sleep Early
1							
2							
3							
4							
5							
6							
7							
8							
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28							
29							
30							
31							

Small daily actions compound. Missing one day is normal — missing two in a row is a pattern. Get back on track immediately.

SECTION 08

Sleep Tracker

Recovery is where the results actually happen

Date	Bed Time	Wake Time	Hours Slept	Sleep Quality
				★ ★ ★ ★ ★
				★ ★ ★ ★ ★
				★ ★ ★ ★ ★
				★ ★ ★ ★ ★
				★ ★ ★ ★ ★
				★ ★ ★ ★ ★
				★ ★ ★ ★ ★
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				★ ★ ★ ★ ★
				★ ★ ★ ★ ★

Aim for 7-9 hours per night. Poor sleep raises cortisol, increases cravings, and slows muscle recovery — no training plan outworks bad sleep.

SECTION 09

Progress Photos

Same lighting, same pose, every 2 weeks

FRONT	SIDE
BACK	OPTIONAL

Date: _____

Weight: _____

Photos catch changes the scale can't show — posture, muscle definition, and shape shifts often show up in pictures weeks before the number moves.

SECTION 10

Strength Progress

Track your key lifts across the 12 weeks

Exercise	Week 1	Week 4	Week 8	Week 12
Bench Press				
Squat				
Deadlift				
Overhead Press				
Pull-ups				
Row				

How to Use This Table

Log your heaviest working set for each lift (weight × reps, e.g. "70kg x 6") at the start of weeks 1, 4, 8, and 12. Strength gains are one of the clearest signs your program is working, even in weeks where the scale doesn't move.

SECTION 11

12-Week Summary

The full journey, in one place

Starting Weight	
Final Weight	
Total Lost / Gained	
Best Workout Streak	
Average Water Intake	
Habits Completed (%)	
Biggest Achievement	
Next Goal	

Before & After Photos

BEFORE	AFTER

What's Next?

Twelve weeks from now, you'll either have 12 weeks of proof that you can commit to yourself — or 12 weeks of excuses. This tracker is the difference between the two. Once this round is complete, set your next goal, print a fresh tracker, and go again. Consistency compounds — this is only the beginning.

FITNESS WITH — LBIG