G

CLAIRE GUENTZ

MACRO CHALLENGE

PROGRESS TRACKER

CURRENT MACROS

CARBS:

FAT:

PROTEIN:

FITNESS GOALS
Set a goal for the number of workouts you want to accomplish this month, break it down into a weekly goal and schedule them into your planner!

MACROS GOAL
Set a goal for the number of days you want to hit your macros. The purpose of the challenge is to hit 5 days a week for a month but you can set a different goal if you want!

EMOTIONAL GOAL
How do you want to feel after the next month? **Examples**: *Strong, confident, happy, accomplished, etc...*

WATER GOAL
How many cups of water do you aim to drink daily?

GOAL TRACKER WEEK 1

	MON	TUE	WED	THU	FRI	SAT	SUN
CARBS							
PROTEIN							
FAT							
GYM							
WATER							
SLEEP							

TIP: Use this chart to mark down a ✔ or **X** for each goal daily. Alternatively, you can add more detailed tracking like *"120/120"* for grams of protein, or *"7/8"* for hours of sleep for example. This way you can look back on each and see how consistent you've been or which areas need improvement!

THOUHTS, FEELINGS, REFLECTIONS:

GOAL TRACKER WEEK 2

	MON	TUE	WED	THU	FRI	SAT	SUN
CARBS							
PROTEIN							
FAT							
GYM							
WATER							
SLEEP							

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THOUHTS, FEELINGS, REFLECTIONS:

GOAL TRACKER WEEK 3

	MON	TUE	WED	THU	FRI	SAT	SUN
CARBS							
PROTEIN							
FAT							
GYM							
WATER							
SLEEP							

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THOUHTS, FEELINGS, REFLECTIONS:

GOAL TRACKER WEEK 4

	MON	TUE	WED	THU	FRI	SAT	SUN
CARBS							
PROTEIN							
FAT							
GYM							
WATER							
SLEEP							

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THOUHTS, FEELINGS, REFLECTIONS: