

THE FCA HEALTH & FITNESS *Challenge*

GOAL TRACKING FORM

NAME: _____

DATE: _____

PHYSICAL STARTING POINT:

WEIGHT: _____

BODY FAT %: _____

WAIST SIZE: _____

OVERALL CONDITION: _____

PHYSICAL GOALS / TRACKING:

1. _____
2. _____
3. _____

WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10	WK 11	WK 12

SPIRITUAL GOALS / TRACKING:

1. _____
2. _____
3. _____

WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10	WK 11	WK 12

I am committed to achieving my physical and spiritual goals because of my desire to have a healthier body and a deeper relationship with my Lord and Savior, Jesus Christ.

Signature