



AGING STRONG FITNESS PROGRESS TRACKING CENTER

A practical member resource for tracking strength, mobility, balance, nutrition, recovery, and long term consistency.

Purpose

This guide helps you measure what actually matters: consistency, strength, movement quality, energy, confidence, and independence.

Strength	Mobility	Balance	Nutrition	Recovery
Track progressive overload and movement quality.	Monitor stiffness and range of motion.	Build stability and confidence.	Stay consistent with protein and structure.	Support sleep, energy, and adaptation.

<https://agingstrongfitness.com/>

(609) 424-4681

How to Use the Progress Tracking Center

Progress tracking should be simple, useful, and motivating. This guide is not meant to create pressure or perfection. It is meant to help you see patterns, celebrate wins, and make smarter decisions over time.

Use this once per week for quick check-ins and once per month for a deeper review. You do not need to fill out every page every day. Choose the sections that match your goals and return to them consistently.

- Complete the Starting Point Snapshot before beginning.
- Track LIVE classes and On Demand workouts weekly.
- Record strength progress for key exercises.
- Monitor walking, mobility, balance, nutrition, and recovery.
- Review your progress every 4 weeks.
- Focus on consistency before intensity.

Coach Jesse Says

Most people only track body weight, but weight does not tell the whole story. Track strength, energy, consistency, balance, and confidence too. Those are the measurements that show you are truly aging strong.

What to Track

Category	Why It Matters
Consistency	Classes, workouts, walking, and mobility sessions completed each week.
Strength	Weights used, TRX difficulty, reps, and how controlled the movement felt.
Mobility	Shoulders, hips, back, and overall stiffness from week to week.
Balance	Confidence, stability, single leg work, and fall prevention drills.
Nutrition	Protein, meal structure, hydration, vegetables, and snacking patterns.
Recovery	Sleep, soreness, energy, stress, and readiness to train.

Starting Point Snapshot

Complete this before beginning or whenever you restart your fitness journey. This is your baseline, not a judgment. It gives you a clear place to measure progress from.

Starting Point	Your Entry
Date	
Current weight	
Waist measurement	
Energy level 1 to 10	
Sleep quality 1 to 10	
Balance confidence 1 to 10	
Current weekly workouts	
Current weekly walks	
Main goal	
Biggest obstacle	

Non-Scale Starting Point

- ☐ I want to feel stronger.

☐ I want to move with less stiffness.

☐ I want to maintain muscle.

☐ I want better consistency.

☐ I want to improve posture.
- ☐ I want better balance.

☐ I want to lose body fat.

☐ I want more energy.

☐ I want to stay independent.

☐ I want to feel more confident.

Notes:

Weekly Progress Dashboard

Use one dashboard per week. This is the quickest way to see whether your habits are matching your goals.

Day	LIVE Class	On Demand	Walk	Mobility	Nutrition Win
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Weekly Review	Your Notes
Total workouts completed	
Total walks completed	
Best win this week	
Biggest challenge	
One adjustment for next week	

Strength Progress Tracker

Track exercises you use often. You do not need to chase heavy weight every week. Progress can be better form, more control, improved range of motion, a harder TRX angle, or stronger breathing.

Exercise	Week 1	Week 4	Week 8	Week 12
TRX Squat				
TRX Low Row				
TRX Chest Press				
Goblet Squat				
Stiff Leg Deadlift				
Dumbbell Row				
Dumbbell Chest Press				
Dumbbell Shoulder Press				
Glute Bridge				
Bent Knee V-Up				

Aging Strong Tip

Do not increase weight if your form gets worse. Earn the next level by moving well first.

TRX Difficulty and Class Intensity Tracker

TRX exercises become harder or easier based on body angle and foot position. Use this page to track how challenging the workouts feel and whether you are progressing safely.

Week	Class Count	Average Effort 1 to 10	TRX Angle Notes	Recovery 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				

Effort Guide

Effort	Meaning
1 to 3	Very light. Good for recovery or learning movement.
4 to 6	Moderate. Good for consistency, form, and base building.
7 to 8	Challenging but controlled. Most productive training happens here.
9 to 10	Very hard. Use sparingly and only when form stays solid.

Walking and Conditioning Tracker

Walking supports conditioning, fat loss, heart health, recovery, and daily energy. For many Aging Strong members, walking is the perfect partner to strength training.

Week	Walks Completed	Longest Walk	Average Time	How Did It Feel?
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				
Week 7				
Week 8				
Week 9				
Week 10				
Week 11				
Week 12				

Quick Win

A 10 minute walk after a meal counts. Small walks repeated consistently can make a big difference.

Mobility and Balance Check-In

Rate each area once per week from 1 to 10. A score of 1 means very limited or uncomfortable. A score of 10 means strong, confident, and comfortable.

Area	Week 1	Week 4	Week 8	Week 12
Shoulder mobility				
Hip mobility				
Back stiffness				
Ankle mobility				
Balance confidence				
Single leg control				
Getting up from a chair				
Floor confidence				

Balance Practice Notes

Nutrition Habit Tracker

Use this page to track structure, not perfection. The goal is to build repeatable meals and support muscle maintenance while improving body composition.

Day	Protein at Meals	Vegetables	Hydration	Planned Snack	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Coach Jesse Says
You do not need a perfect diet. You need structure you can repeat. Protein, simple meals, and fewer random snacks can change everything over time.

Recovery, Sleep, and Energy Tracker

Recovery is part of the program. If energy is low, soreness is high, or sleep is poor, your body may need a lighter day, more hydration, better nutrition, or more rest.

Day	Sleep Quality 1 to 10	Energy 1 to 10	Soreness 1 to 10	Recovery Action
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Recovery Actions to Try

- Short walk

■ Stretching

■ Extra water

■ Earlier bedtime
- Protein focused meal

■ Light mobility

■ Breathing practice

■ Rest day

Body Composition and Measurement Tracker

Use this monthly, not daily. Measurements can show progress even when body weight does not change much. Always view the numbers as information, not judgment.

Metric	Start	Month 1	Month 2	Month 3
Weight				
Waist				
Hips				
Chest				
Arm				
Thigh				
Body fat percentage if measured				
Progress photo taken				

Important

The scale is only one measurement. Better posture, stronger workouts, improved balance, smaller waist measurements, and more energy are all real progress.

Monthly Review

At the end of each month, answer these questions honestly. This is where you turn tracking into progress.

What improved this month?

What felt harder than expected?

Which habit helped me the most?

Which habit needs more attention?

What strength exercise improved?

How did my energy change?

What is my focus for next month?

12 Week Progress Scorecard

Use this at the end of 12 weeks to see the bigger picture. The goal is not perfection. The goal is to see how far your consistency has taken you.

Category	Starting Score 1 to 10	Current Score 1 to 10	Notes
Strength			
Mobility			
Balance			
Walking endurance			
Nutrition structure			
Sleep and recovery			
Energy			
Confidence			

Top 3 Wins

Next Steps Plan

After 12 weeks, choose your next focus. This keeps training intentional and prevents the common mistake of drifting without a plan.

- Build more strength
- Increase walking endurance
- Lose additional body fat
- Improve mobility
- Increase LIVE class attendance
- Improve balance
- Improve nutrition consistency
- Maintain current progress
- Train with more confidence
- Use the Member Hub more often

Planning Question	My Answer
My main focus for the next 4 weeks	
The habit I will repeat most consistently	
The obstacle I need to plan for	
How I will measure progress	

Final Reminder

You are not trying to become perfect. You are building a stronger, safer, and more independent version of yourself one week at a time.

■ Unlimited LIVE TRX
Book your class or session today at
<https://agingstrongfitness.com/>
(609) 424-4681