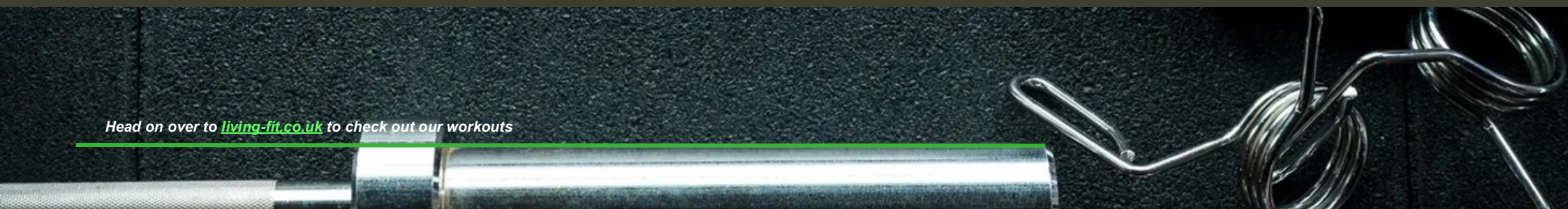




*Living-Fit
Progressive Overload Tracker*

Head on over to living-fit.co.uk to check out our workouts





Introduction

We've put together this planner to help beginners and seasoned workout veterans, ideal for short or long term plans

Start Date:

End Date:

Current Figures:

Weight:

Muscle Mass:

Body Fat %:

Phase	Number of weeks	Daily Calories	Macros F/C/P Grams	Notes
1			/ /	
2			/ /	
3			/ /	
4			/ /	
5			/ /	
6			/ /	
7			/ /	
8			/ /	
9			/ /	
10			/ /	
11			/ /	
12			/ /	



A quick thank you from our team

We hope our progress tracker came in useful while following the progressive overload program, feel free to check out our other free workout programs and fitness information online

Success is not final, failure is not fatal: it is the courage to continue that counts."

— Winston S. Churchill