

12 Week Roadmap Chart

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Date						
Shoulders						
Upper Arms						
R						
L						
Chest/Bust						
Stomach						
Thighs						
R						
L						
Hips						
Calves						
R						
L						
BMI						
Body Fat %						
Resting Heart Rate						

	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Date						
Shoulders						
Upper R						
Arms L						
Chest/Bust						
Stomach						
Thighs R						
L						
Hips						
Calves R						
L						
BMI						
Body Fat %						
Resting Heart Rate						