

***Note: Videos need to be 20MB or less. They will not show up in the timeline otherwise.**

Last Week's Numbers

Height:

Weight:

Waist Size:

Current Progress

Height:

Weight:

Waist Size:

Cardio

Last Week's Progress:

This Week's Progress:

Upperbody Pressing (Pushups, Bench, etc)

Last Week's Progress:

This Week's Progress:

Lowerbody Pressing (Legpress, Squat, Bodyweight Lunges, etc)

Last Week's Progress:

This Week's Progress:

Back & Lats (Deadlift, Barbell Row, Pullups, etc)

Last Week's Progress:

This Week's Progress:

Total Time Spent Working Out

Last Week:

This Week:

WHAT YOU PLAN TO ACCOMPLISH OVER THE NEXT 16 WEEKS

A montage of workout highlights for the week incorporating CC+AI