

THE BUILD SYSTEM™

12-WEEK PROGRESS TRACKER

ONE FAMILY FITNESS
onefamilyfitness.com/tracking

SCORING GUIDE: 1 = Poor 2 = Below avg 3 = Average 4 = Good / most days 5 = Excellent / consistent | Protein? = Y if daily target met most days, N if not | Weight & Steps = weekly averages

WK	WEIGHT lbs avg	STEPS daily avg	PROTEIN? Y / N	SLEEP 1 - 5	ENERGY 1 - 5	TRAINING 1 - 5	NOTES
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

END-OF-CYCLE REVIEW	Which weeks had the highest energy and training scores? What was different about those weeks?	Which pillar showed the most consistent improvement? (Train / Fuel / Move / Measure / Belong)	What one change will make your next 12-week cycle more effective?
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