

Warrior Progress Tracker

Weekly Consistency Tracker

Week	Mon	Tue	Wed	Thu	Fri	Sat	Notes
1							
2							
3							
4							
5							
6							

Strength Progress Tracker

Exercise	Week 1	Week 2	Week 3	Week 4
Pushups (max)				
Pullups (max)				
Squats (max)				
Plank time				
Dead hang				

Running & Endurance Tracker

Date	Distance	Time	Pace	Notes

Body Measurement Tracker

Measurement	Week 1	Week 4	Week 8
Weight			
Chest			
Waist			
Arms			
Thighs			

Monthly Warrior Performance Test

- Max Pushups
- Max Pullups
- 1-Mile Run Time
- Plank Max Time
- Dead Hang Max Time