Bodyweight progression tracker

Your best set each week, for eight weeks. Push-ups, pull-ups, squats and more.

NAME

START DATE

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
PUSH-UPS								
PULL-UPS								
SQUATS								
LUNGES (EACH)								
DIPS								
INVERTED ROWS								
PLANK (S)								
WALL SIT (S)								

Best set means most reps in one go with good form. Same version of the move every week.