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.

Not medical advice. Get your doctor's OK before you start.