

Name:

Month:



4-Wheel Fitness Tracking Sheet



**FOX FITNESS
TRAINING**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	End of week
<input type="checkbox"/> <input type="radio"/> Cardio <input type="radio"/> Exercise <input type="radio"/> Nutrition <input type="radio"/> Motivation	<input type="checkbox"/> <input type="radio"/> Cardio <input type="radio"/> Exercise <input type="radio"/> Nutrition <input type="radio"/> Motivation	<input type="checkbox"/> <input type="radio"/> Cardio <input type="radio"/> Exercise <input type="radio"/> Nutrition <input type="radio"/> Motivation	<input type="checkbox"/> <input type="radio"/> Cardio <input type="radio"/> Exercise <input type="radio"/> Nutrition <input type="radio"/> Motivation	<input type="checkbox"/> <input type="radio"/> Cardio <input type="radio"/> Exercise <input type="radio"/> Nutrition <input type="radio"/> Motivation	<input type="checkbox"/> <input type="radio"/> Cardio <input type="radio"/> Exercise <input type="radio"/> Nutrition <input type="radio"/> Motivation	<input type="checkbox"/> <input type="radio"/> Cardio <input type="radio"/> Exercise <input type="radio"/> Nutrition <input type="radio"/> Motivation	Weight: Cardio Score: Exercise Score: Nutrition Score: Motivation Score:
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4-Wheel Fitness Tracking Sheet



Cardio:

Write a checkmark in the Cardio Wheel for every cardiovascular session performed, keeping the heart rate in the Target Heart Rate Zone (minimum of 65% of 220 minus your age) for at least 20 minutes.



Exercises:

Write a checkmark in the Exercise Wheel of every resistance training session completed.



Nutrition:

Write a checkmark in the Nutrition Wheel for every day you meet the following dietary guidelines:

1. No sweets or junk foods consumed.
2. You didn't drink your carbs: Only water, green tea, and black coffee.
3. No starches past 4pm. That includes bread, pasta, potatoes, and rice.



Motivation:

Write a checkmark in the Motivation Wheel for every personal motivation challenge you complete.

Set your behavior goals for each category:

- ___ Cardio checkmarks per week
- ___ Exercise checkmarks per week
- ___ Nutrition checkmarks per week
- ___ Motivation checkmarks per week

Take a percentage of the challenges completed in each category and grade yourself accordingly. For example, a score of 12/14 for Cardio would be 85%, which is a B.

4-Wheel Grade Point System:

A+ = 98-100%	B+ = 88-89%	C+ = 78-79%	D+ = 68-69%	F = below 60%
A = 93-97%	B = 83-87%	C = 73-77%	D = 63-67%	
A- = 90-92%	B- = 80-82%	C- = 70-72%	D- = 60-62%	