Name:……Goal:……Current Weight:……Ideal Weight:……..

Name of exercise	Week1 Weight:	Week 2 Weight:	Week 3 Weight:	Week 4 Weight:	Week 5 Weight:	Week 6 Weight:	Week 7 Weight:	Week 8 Weight:
Core & Balance Exercises	**Week 1**	**Week 2**	**Week 3**	**Week 4**	**Week 5**	**Week 6**	**Week 7**	**Week 8**