



Name: _____

90 Day Plan - Strength Chart

Exercise	Weight	Sets	Reps
SQUATS			
Record ability/weight used to chart your muscle development and strength gains			
Before/Week 1: (include notes here)			
Week 4:			
Week 7:			
Week 10:			
Final/Week 13:			
PUSH-UPS			
Record ability/weight used to chart your muscle development and strength gains			
Before/Week 1: (include notes here)			
Week 4:			
Week 7:			
Week 10:			
Final/Week 13:			
SHOULDER PRESS			
Record ability/weight used to chart your muscle development and strength gains			
Before/Week 1: (include notes here)			
Week 4:			
Week 7:			
Week 10:			
Final/Week 13:			
SINGLE ARM ROW			
Record ability/weight used to chart your muscle development and strength gains			
Before/Week 1: (include notes here)			
Week 4:			
Week 7:			
Week 10:			
Final/Week 13:			