DOCTOR ROCKER'S PROGRESS CHART

DATE	HEIGHT	WEIGHT	CHEST	ARMS (flexing bicep)	WAIST	THIGHS	CALVES	HIPS	SPIT TEST- PASS/ FAIL	TONGUE TEST - PASS/ FAIL
Week										
1										
Week 2										
Week 3										
Week 4										
Week 5										
Week 6										
Week 7										
Week 8										
Week 9										
Week 10										
Week 11										
Week 12										
Week 13										