

**BOOTCAMP**

# The Mindset Behind Getting Into Awesome Shape

...It's Not About Being Perfect



## **It's Game Time, Measurements and Monitoring Your Results!**

Take your measurements!

You need a starting point. If you don't have one it'll make it difficult to monitor your progress. And you want to be able to do this, so you can verify to yourself the changes that are taking place.

So here's what to do...

Get one of those tape measures that are used for dress making...

Basically you measure around your waist, your hips, your chest (and other bodyparts too if you choose too such as your upper arms and thighs) and record your measurements.

Do this every 4 weeks!

You can weigh yourself as a general guideline if you like, but DO NOT take what the scales say as gospel. Scales are so inaccurate. I've seen so many women come off "typical weight loss" programs that rely on the scale for progress and it really screws with their heads.

I had client a few years ago that had lost inches off all her body parts, her body fat was down, she looked great, but the measurement on the scales didn't really move that much. And she was devastated. I asked to pull out her goal clothing (I get all my clients to choose goal clothing – something in their wardrobe they want to fit into that makes them feel special or sexy)... she tried it on and it fit. It finally woke her up to what I'd been telling her all this time.

Don't bank on what the scales say, use your measurements, do them regularly, and you'll see the results for yourself.

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And goal clothing is just “gold”. Now when you can try on your goal clothing, and you can see how things have changed and how your goal clothing is starting to fit you, it makes such a huge difference to how you feel about yourself and the progress that you’re making.

**Open Your [game-time-measurements-monitoring-results-sheet.pdf](#) measurements and results sheet...**

**Go through the Measurements Guide and take your measurements.**