



Measurements

Each week, you will take your measurements. This will be both scale and non-scale. You will measure your weight, circumference body measurements, feelings and strength or clothing notes.

Always take your measurements at the same time each week. I normally suggest Monday mornings, first thing. This will create more reliable results.

Weight

This can actually be a sensitive and misleading subject, so here are a few things to note;

- Yes, you have to take your weight; write it down. If you don't have a scale or if you think yours may be old or unreliable, buy a scale.
- Don't let your weight overtake your brain - it is just a number, one measurement among many, and does not define you, nor your progress
- Weight can fluctuate day-to-day; this depends on many things, so this is why I do not suggest weighing yourself daily

Circumference Measurements

This is great to measure your toning progress, or muscle building. This can be more reliable than weight if you are replacing fat with muscle. Muscle will show a decrease in your circumference measurements, but not necessarily in your weight.

The spots to measure are outlined in the chart, but the important thing to note is to just do it the same every time.

Clothing

One way to measure that I highly suggest you do, is to actually choose a piece of clothing that fits you tight and try it on each week. This is an awesome way to track and actually see your progress. See how the item feels; is it looser? Can you move better? Can you sit and twist better? You can totally think of these things just in your day-to-day clothing, too!

Non-Scale Victories & WINS

These are something we will talk loads about! They are your feelings, your confidence, the amount you find yourself smiling. How do you feel during cardio? Are there any workout moves that are getting easier? Have you added weight to your workouts? Is eating healthy getting easier?

Each week, you will send me the form below with your worksheets - I cannot wait to see your progress!!

Week _____ in program: Date: _____

Weight: _____ lbs

Circumference Measurements: (in inches or centimetres?)

Arm: _____ (Flex your bicep and measure around the biggest part)

Chest: _____ (Measure around your body at your nipple line)

Waist: _____ (Measure just above your belly button)

Hips: _____ (Measure around your hip bones at the outside of your bum)

Thigh: _____ (Measure about halfway between your hip and knee)

Calf: _____ (Measure about halfway between your knee and ankle)

Clothing:

How does it feel? Descriptive words:

WINS:

How do you feel? Write at least 3 descriptive words or progressions that stood out to you this week:

Now go snap a progress photo! It's great to try to wear the same (or similar) clothing to better see your changes.