

MARKERS OF PROGRESS

PICTURES (in app). Front, Right Side, Backside

MEASUREMENTS(for accurate re-assessments, NOTE where measurements are being taken from)

1. Chest at nipple line
2. Waist at belly button line
3. Hips at widest part
4. Right Bicep at widest part
5. Right Thigh at widest part
6. Right Wrist (for body fat % calculator) [there's not a space for it in Trainerize so input in Left Forearm]
7. Right Forearm (for body fat % calculator)

WORKOUTS: Increases in - strength, endurance, speed. Easier movements, healthier relationship with fitness, listening to your body.

PHYSICAL (outside): skin, hair, nails, clothes and rings fitting a little more loosely, less joint swelling, more defined muscle tone

PHYSICAL (inside): Less stiff & painful joints, less bloating, improved “regularity”, less chronic fatigue, improved wellness numbers: blood pressure, cholesterol, balanced blood sugars, improved recovery, fewer headaches/migraines, less brain fog.

MOOD, EMOTION, PSYCHOLOGY: Improved moods, increased patience, decrease stress and anxiety, decreased cravings, improved body image, more sense of control of self.

FOOD & BEHAVIORS: mindful eating, healthier relationship with food, listening to hunger/satiety body cues, fewer cravings, no longer using food as reward or punishment, abandoning crash diets, no more food guilt or shame, and learning how to make cooking easier.

LIFE: improved sleep, increased energy, willingness to try new things, playing more, improved productivity, increased libido, increased confidence, created other health goals, expanded social circle, decreased distractions and more time for the things you truly love, and inspiring others.