

5 TIPS FOR TRACKING PROGRESS

In order to get great results, you will need to track your progress. A better way to put this, is to know what feedback you are getting back from your plan. If the feedback is showing you positive results then what you are doing is working. If it is showing you negative results (scale not moving, scale going in the wrong direction that is desired, strength not increasing, etc.) then a change needs to be made. Otherwise you are wasting your time.

Making a change is not a bad thing it is just part of the process and at some time will need to be made. So I wanted to give you five tips for tracking your progress so you can intelligently make changes to keep you moving forward.

1. Weigh Yourself Every Morning

In the past I was a weigh yourself one time a week person. I didn't want clients focusing on the scale so much. After I followed a program that required me to weigh myself everyday, I never went back to the one time a week rule.

This is why I switched.

It is not a matter of what Monday morning tells you. It is what the week tells you as a whole. It gives you a better picture of which way you heading on the scale.

Some days will be high, some days low. If you graph it that line has to be descending or ascending in a zig zag. This will be a more detailed view and in my opinion more helpful with motivation and feedback.

2. Take Progress Pics

Sometimes the scale can be deceiving. Seeing a number on the scale can be very motivational, but seeing what you actually are looking like.... there is nothing better.

It gives you a better visual of what that weight means than just seeing some digital numbers.

You may even start to realize that it may not be so much about hitting some magic number on the scale, but how you look at a certain weight and what that weight is comprised of.

You may feel confident, lean, defined, and happy at a weight that is ten pounds more than your magic number you wanted to hit. If you lost that extra ten, you may feel too skinny, too weak in the gym, and just feel crappy.

On the other end, putting on muscle. Adding another ten pounds could make you look stocky and well, I'll just say "powerlifter". Just a big bulk of mass and not cut, defined "fitness model". A look that may not be your goal.

So get a number in your head, but do not stay steadfast too it as you approach it. It is ok to take another direction as you come to a fork in the road. You have more control over how your body looks than you may think.

3. Keep a Training Log

Every workout you do should be logged. That means what exercise you did, how many sets, how many reps you did in each set, and of course weight, even if it is bodyweight.

Your goal in lifting weights is to do more each workout through progressive overload.

Therefore by keeping a log, will let you know what you need to do in your next workout, whether it is accomplishing more reps or increasing weight.

4. Track What You Eat

If you want to be serious about your body transformation, then I would highly suggest tracking what you eat, specifically your calories and macros.

These factors will need to be changed up as you progress. How can you change them up if you have no idea what they are?

It can be tedious at first, but it is the best way to educate yourself on how your body responds to what you eat. Everyone's body is different. What works for someone may not work the exact same way for you.

www.myfitnesspal.com is a great site to track what you eat.

5. Track Your Body Measurements

Tracking body measurements is a good way to measure body fat. It is also a good way to measure if you are getting smaller with weight loss or bigger with muscle gain.

Seeing that overtime you have taken X amount of inches off your waist is something that you will feel proud of.