



**CHECK-IN
GUIDELINES**

CHECK-IN INFO:

THE PURPOSE OF CHECK-INS TO COLLECT DATA TO ANALYZE SO WE CAN MAKE THE NECESSARY CHANGES MOVING FORWARD.

CHECK-INS ALSO CREATE A TIME FOR REFLECTION ON PROGRESS AND RECOGNITION OF ACHIEVEMENT & STRUGGLE.

DRAW FOCUS TO THE FOLLOWING POINTS DURING YOUR CHECK-IN:

PHYSICAL:

- SCALE WEIGHT
- CIRCUMFERENCE MEASUREMENTS
- PROGRESS PICTURES
- FIT OF CLOTHES
- DIETARY TRACKING
- ENERGY LEVELS
- EXERCISE DIARY

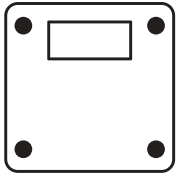
PSYCHOLOGICAL:

- MOTIVATION
- STRESS LEVELS
- ADHERENCE TO PLAN/ DISCIPLINE
- REFLECTION ON GOALS AND JOURNEY
- LINGERING FEELINGS & EMOTIONS

NOTING CHANGES INTERNALLY AND EXTERNALLY INCLUDING, BUT NOT LIMITED TO ANY CATEGORY ABOVE.

PHYSICAL TOOLS AND PROTOCOL:

SCALE

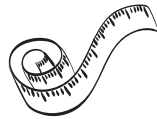


DAILY WEIGHTS ARE ENCOURAGED

MORE DATA = STRONGER TREND

FLUCTUATIONS WITHIN 2% ARE CONSIDERED NORMAL

TAPE MEASURE

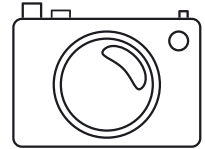


SITES AND FREQUENCY ARE CLIENT DEPENDENT

SAME MEASUREMENT SITES EACH TIME

CAN BE USED TO CALCULATE BODY FAT %

PICTURES



FREQUENCY IS CLIENT DEPENDENT

FRONT, BACK, AND SIDE VIEW

WEAR WHAT'S COMFORTABLE

WHEN MEASURING:

- FIRST THING IN THE MORNING, AFTER USING BATHROOM & PRIOR TO EATING
- MINIMAL, FITTED, AND CONSISTENT CLOTHING
- NATURAL, RELAXED STANCE (NO FLEXING!)

MEASUREMENTS INFLUENCED BY:

FOOD
COMPOSITION,
WATER, &
SODIUM
CONSUMED

PROXIMITY TO
TRAINING
SESSION

HORMONE
FLUCTUATIONS

CHANGES IN
TRAINING
VOLUME OR
TYPE

LIGHTING
(PICTURES)

LOCATION
VARIABILITY
(CIRCUMFERENCE)

THIS IS NOT AN EXHAUSTIVE LIST. ANY CHANGE IN ROUTINE CAN INFLUENCE CHECK-IN RESULTS, AND FOR THAT REASON I CAN'T STRESS FREQUENCY ENOUGH.



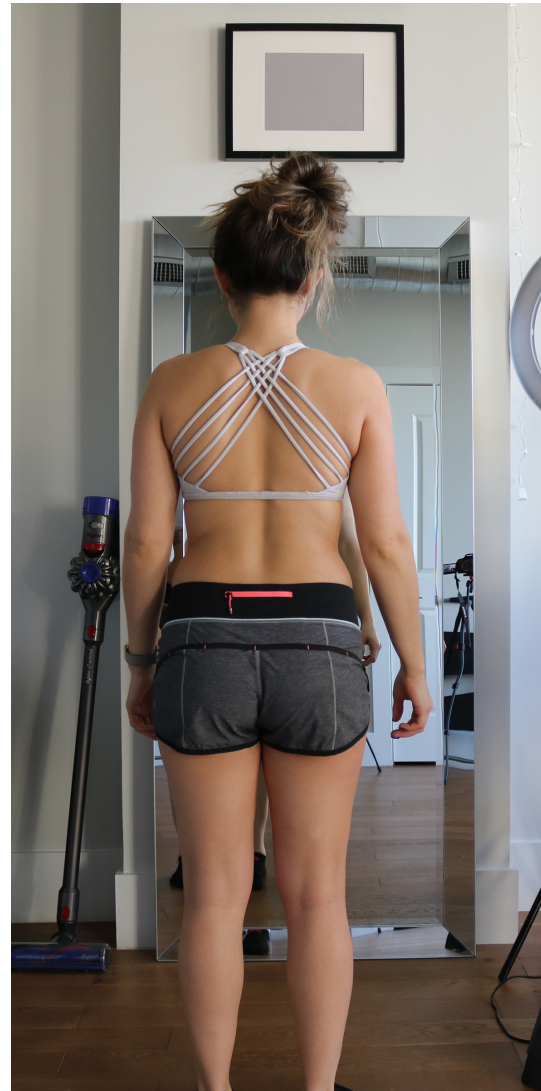
PROGRESS PIC EXAMPLES:



FRONT



SIDE



BACK

BE CONSISTENT WITH CLOTHES WORN (MINIMAL, FORM FITTING) AS WELL AS LIGHTING AND LOCATION OF PICTURES.

CIRCUMFERENCE MEASUREMENT DETAILS:



NECK: AT ADAM'S APPLE

CHEST: AT NIPPLE LINE

BICEP: HALFWAY BTWN SHOULDER & ELBOW

WAIST: NARROWEST POINT ON TORSO

HIPS: ACROSS HIP BONES & TOP OF GLUTES

GLUTES: WIDEST PART OF THE GLUTES (BOOTY)

THIGH: HALFWAY BETWEEN TOP OF HIP BONE
TO KNEE

BE PRECISE AND CONSISTENT WITH EACH LOCATION.
VARIATION IN MEASUREMENT SITE CAN LEAD TO
INACCURATE COMPARISONS!

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OTHER PHYSICAL MEASUREMENTS:

FIT OF CLOTHES



FEELING ROOMY OR TIGHT IN CLOTHES

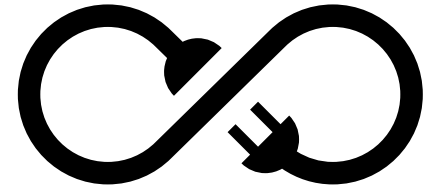
DIET & EXERCISE TRACKING



USING APPS OR DIARY TO TRACK VOLUME AND COMPOSITION OF FOOD AND EXERCISE

WILL PROVIDE DIRECT INSTRUCTION

ENERGY LEVELS



SLEEP QUALITY & QUANTITY
ENERGETIC OR LETHARGIC THROUGH DAY AND IN WORKOUT

PSYCHOLOGICAL MEASUREMENTS:

MOTIVATION

FEELINGS OF DESIRE TO PUSH OR LACK THEREOF.

STRESS LEVELS

INCREASE OR DECREASE IN STRESS (NOT ONLY FITNESS RELATED.)

ADHERENCE / DISCIPLINE

GREATEST STRUGGLES AND VICTORIES. COMPLIANCE WITH PROGRAM.

BREAKTHROUGHS

SEEING ACHIEVEMENTS OR GOALS DIFFERENTLY. SHIFTS IN MINDSET.

LINGERING EMOTIONS

FEELINGS ABOUT YOURSELF THAT STICK AROUND. OUTLOOK, CONFIDENCE, ETC.

POSSIBLE OPTIONS TO TRACK THIS INCLUDE
KEEPING A DIARY OR FILLING OUT A SURVEY.

AN INDIVIDUAL DISCUSSION WILL HAPPEN TO SET A PLAN FOR TRACKING THESE FACTORS.

CONSIDERATIONS:

MORE FREQUENT DATA COLLECTION GIVES US STRONGER CONCLUSIONS ABOUT WHAT'S GOING ON BIG PICTURE.

ALSO GIVES US THE ABILITY TO MAKE MORE ACCURATE ADJUSTMENTS

NO ONE MEASURE OF PROGRESS PAINTS A COMPLETE PICTURE; MULTIPLE MEASURES ARE REQUIRED.

PROGRESS MAY BE EVIDENT IN ONE MEASURE, AND ABSENT IN OTHERS.

CHANGE BETWEEN MEASUREMENTS MIGHT SEEM NONEXISTENT OR EVEN WORSE. KEEP IN MIND THE NUMBER OF VARIABLES THAT CAN AFFECT CHECK-IN RESULTS.

CHECK-INS PROVIDE A REFERENCE FRAME TO VIEW PROGRESS, AND IT'S AWESOME TO LOOK BACK!

CONSIDERATIONS:

DON'T JUMP TO CONCLUSIONS BASED ON A FEW MEASUREMENTS ALONE. LOOK FOR TRENDS OVER MANY POINTS.

DAILY AND EVEN HOURLY FLUCTUATION OCCURS.

EVERYONE HITS PLATEAUS. YOU MAY FEEL DISCOURAGED WHEN THIS HAPPENS. KNOW THAT IT'S NORMAL, AND IT'S THE TIME TO KEEP PUSHING THROUGH.

PHYSICAL AND PSYCHOLOGICAL PROGRESS ARE EQUALLY IMPORTANT.

SCALE AND NON-SCALE VICTORIES ARE ALL VICTORIES.

YOUR WORTH IS NOT YOUR MEASUREMENTS.