

We are aiming for progress not perfection



The more metrics that we track, the more broad your progress will feel and your hard work will feel like it's paying off across your whole lifestyle!

Keeping track of your progress				
Measure	Baseline	Week 4	Week 8	Beyond
Body fat %				
Chest (cm)				
Waist (cm)				
Tummy (cm)				
Hips (cm)				
Bum (cm)				
Thigh L / R (cm)				
Bicep L / R (cm)				
Weight (kg or lbs)				
Subjective lifestyle measures				
Daily energy				
Daily moods				
Sleep quality				
Stress levels				
Body image				
Irritability				
Clarity				
Confidence				

- Score each of these out of 10 and please note that there will be some day to day fluctuation to be expected but try to give it an overall scoring based on the bigger picture.
- Body fat scales recommended: Kamtron Smart Body Fat scales

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Other ways to track

1. Take a photo of your face on day 1, week 4, and week 8 to show any changes in your skin health - if you drink more water, your skin is likely to improve
2. Take a photo of yourself front, side and back and compare day 1 to week 4 and 8 to show any physical shape changes that occur as a result of your hard work
3. Note your clothing sizes and bra size and compare these on week 4 and 8 to see what changes have occurred
4. Complete the fitness test (see Facebook group) and compare your scores on day 1, to your scores on week 4 and week 8

If you have any questions about these tracking methods, please email me via nicola@rossellfitness.co.uk