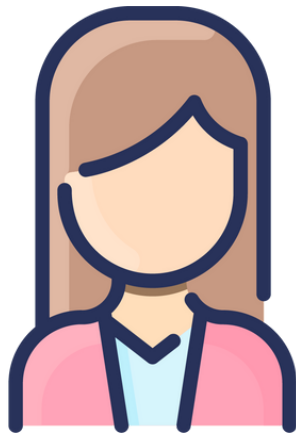




Jules Duncan Coaching

**How to measure
progress**



How do we measure progress?

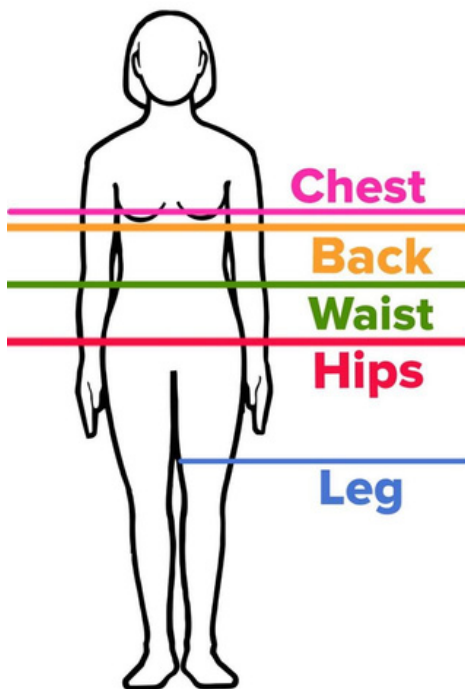
There's lots of ways! Let's look at them all!

You can use some, all or none of these.

Progress Pictures

- Take face on, side on, facing the back
- Use the timer on your phone or have someone take them for you
- Wear the same clothes.
A bikini or underwear will let you see even the smallest of changes.
- Stand in the same light.
- Take on the same day at the same time
- Take pictures fortnightly

Body Measurements



Measure on the same day at the same time, without clothes if possible. Take measurements fortnightly.

Test your fitness

See below a guide to creating your own personal fitness test.

Create your own fitness test!

Choose which moves you will do to build your test

Warm up then set a timer for 12 mins.

Complete as many reps as you can.

1 full round = 100 reps. If you get 2 rounds then 10 squats before the buzzer goes, you got 210.

Choose one from each line

15 Squats or 15 Alternate Reverse Lunges

15 Press Ups or 15 overhead press

15 Burpees or 15 Jumping Jacks

25 plank taps or 25 Bicycle Crunches

30 Butt Kicks or 30 High Knees

If using a weight, use the same weight week 1 & 8.

If you do press ups and planks on your knees, do them on your knees week 1 and week 8.



Should you use the scales to chart progress?

If the number you see on the scale (higher or lower) will effect your mood and motivation - NO! Do not use the scales as a measure of progress!

If you can view the number on the scale as just another factor, one small piece of the puzzle, no more or less of a fact than the date - Yes. If you want to use the scales as ONE of your measures of progress, go for it

The scale can fluctuate up and down 4 or 5 lbs over a week! You can step on them on Monday and be 2lbs heavier than Sunday. Does that mean you have gained 2lbs? No! Lots of factors effect the number shown on the scale, for example:

- Hydration levels
- Water retention
- Food in your digestive system
- Training - i.e. inflammation levels
- Salt intake
- Toilet habits
- Menstrual cycle

If you cannot stand on the scale and accept that the fluctuation in number is not a direct indication of progress, do not use them! There are lots of other, more accurate ways to measure progress!

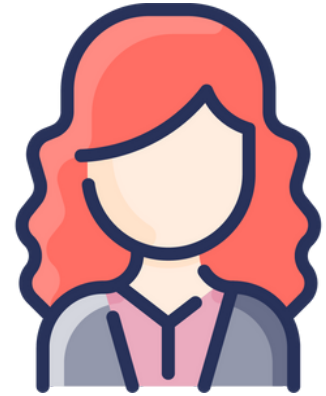
As we know the scale will fluctuate. The change in numbers will not be linear. They can vary day to day. They will not directly and immediately show the results of your calorie deficit. To take all of this into account, weigh yourself once per fortnight on 3 consecutive days, the same 3 days every fortnight and take the average of the 3 days. Make sure to use the same scale in the same place, at the same time of day wearing (or not wearing) the same clothes!

Keep in mind, seeing results with the scales will take time, be patient.

Do not make the scale your only measure of progress!

You can choose any, all, or some of these ways to measure progress:

- Progress pictures
- Clothes size
- Fitness
- Body measurements
- Scale weight



All of these factors give us lots of information about progress, however the most important measure of progress is:

"Are you happy?"

After all, is that not the ultimate goal?