

Kick Starter: Chapter 6

Monitoring Progress



Welcome



Hi There!

Welcome to the Online Coaching Kick Starter. I have written and crafted together 8 chapters for this all with the intention of setting you up in the best possible position to kickstart your health and fitness journey.

Each chapter is tailored to a topic, breaking it down and giving you important information regarding nutrition, exercise, motivation and overcoming struggles along the way.

Working through these chapters will give you clarity, guidance and the knowledge to execute your program and smash your goals.

Let's do this!

Andrew Caine PT

Contents

What to Expect in Chapter 6: Monitoring Progress

- ✓ Importance of Monitoring Progress
- ✓ Methods for Monitoring Progress
- ✓ Staying On Track





Importance of Monitoring Progress

Tracking your progress is a crucial aspect of your fitness journey. It allows us to identify what's working, make informed adjustments, and will help you to stay motivated as you work towards your goals. In this chapter, we'll explore the importance of monitoring progress, different methods for tracking your fitness journey, and practical tips for staying on track.

Accountability

Tracking your progress holds you accountable for your actions and decisions. It encourages consistency and helps you stay focused on your goals.

Motivation

Seeing progress can be incredibly motivating. It reinforces your efforts, boosts confidence, and encourages you to keep pushing forward.

Identifying Patterns

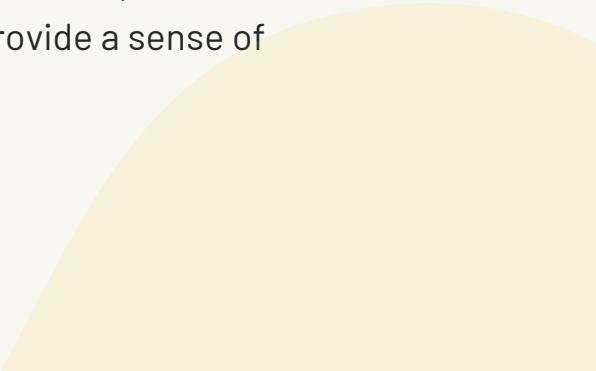
Monitoring progress helps you identify patterns in your behaviour, such as eating habits, exercise routine, and lifestyle choices. This insight allows you to make necessary adjustments for better results.

Adjusting Strategies

If you're not seeing the results you want, tracking your progress can help you identify areas that need improvement. You can then adjust your strategies accordingly.

Celebrating Achievements

Tracking progress allows you to celebrate your achievements, no matter how small. Celebrating milestones can boost morale and provide a sense of accomplishment.





Methods for Monitoring Progress

Physical Measurements

Take weekly measurements of your body. This can be done every Sunday. The app will give you the option to take measurements from all different body sites. To streamline this process I'm looking for five to be measured - arm, chest, waist, hips and thigh. Taking measurements along with your body weight can provide a comprehensive overview of your progress.

Body Weight

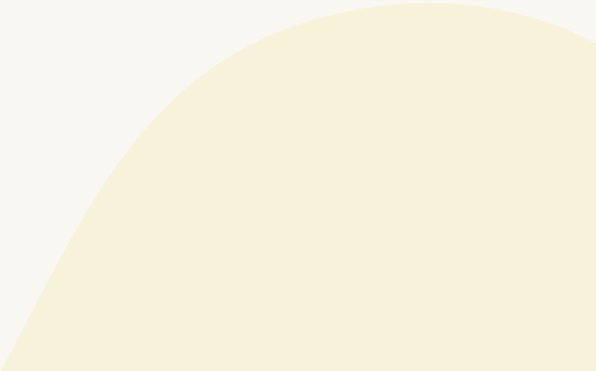
If there is body fat to reduce on a weight loss journey, ultimately we should see the scale go down. Doing daily weigh-ins allows us to get the average for the week and compare it to previous and future readings. Weight fluctuates on a daily basis for a whole bunch of different variables other than body fat mass. So don't pay too much attention to it day to day.

Progress Photos

Take weekly photos of yourself from different angles (front, side and back) to visually track changes in your physique. This can be done on a Sunday along with your body measurements. Comparing photos over time can be a powerful motivator. Best methods for is to do it in your underwear so we can see your body and track the changes. Alternative option is to wear tight clothing.

Fitness Tests

Conduct fitness tests to assess your strength, endurance, flexibility, and cardiovascular fitness. This can help you gauge improvements in your overall fitness level. By getting a baseline of your fitness levels and retesting these every 3 months we can track your fitness progress.



Methods for Monitoring Progress

Performance Tracking

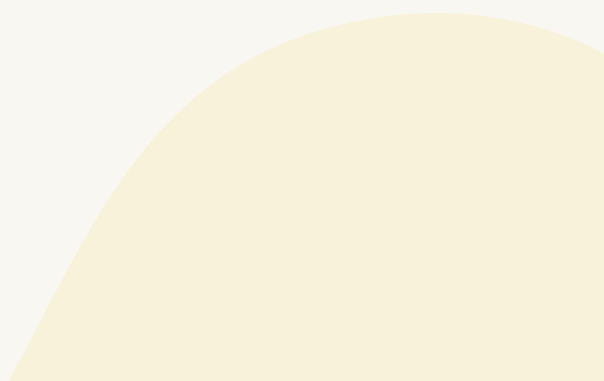
Utilise the fitness app to record details of your workouts, including exercises, sets, reps, weights, and rest periods. This allows you to track your progress and identify areas for improvement.

Nutrition Journal

Keep a food diary to track your daily food intake, including meals, snacks, and beverages. This can help you identify patterns in your eating habits and make healthier choices. Typically, we use myfitnesspal as it syncs straight to the app, so what you consume and track I will see straight away.

Mindset and Behaviour

Pay attention to your mindset and behaviour, such as motivation levels, mood, energy levels, and sleep quality. These factors can impact your progress and overall well-being.





Staying On Track

Set Clear Goals

Define specific, measurable, achievable, relevant, and time-bound (SMART) goals to guide your progress. Break down long-term goals into smaller milestones to track your achievements.

Consistency

Regularly track your progress, whether it's weekly, monthly, or quarterly. Consistency is key to accurately assessing your progress and making informed adjustments.

Be Honest and Objective

Be honest with yourself when tracking your progress. Avoid comparing yourself to others and focus on your own journey.

Celebrate Achievements

Celebrate your achievements along the way, no matter how small. Recognise your hard work and the progress you've made.

Adjust as Needed

If you're not seeing the results you want, it may be the case that the approach we have set isn't quite right for you. By communicating with your coach we'll be able to be proactive and get things moving in the right direction.

Stay Motivated

Keep yourself motivated by setting new goals, challenging yourself, and finding ways to make your workouts enjoyable.

Seek Support

Surround yourself with a supportive community, whether it's friends, family, or a coach. Having someone to share your journey with can provide encouragement and accountability.

Conclusion

Monitoring progress is a crucial aspect of your fitness journey. By tracking your achievements, making informed adjustments, and staying motivated, you can achieve your goals and maintain a healthy lifestyle.

Remember to be consistent, honest, and objective in your tracking, and celebrate your achievements along the way. With dedication and perseverance, you can make progress towards your health and fitness goals.



Tools & Resources

01

Andrew Huberman Podcast

An informative podcast covering all things health and fitness related.

03

Examine

This website covers nutrition and supplements using scientific research to show what's effective and what isn't.

02

YouTube

Can be a great platform to gain further insight to exercises and dieting.

04

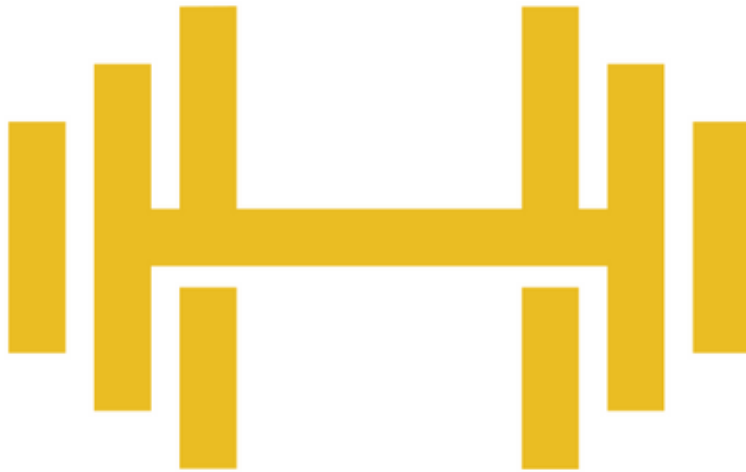
Andrew Caine PT

Using my videos and posts on my instagram to gain further knowledge on exercise and nutrition.

how to reach me

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THANK YOU!

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