

## Assessment

Assessment Week is going to be the hardest as you need to do a lot of record keeping and some self reflection. Print off all pages.

**Step 1: Record your starting weight.** Typically we will be weighing in on Monday, Wednesday and Saturday but this week weigh yourself on Sunday. Be honest and be consistent. If you weigh yourself naked every morning then be naked and weigh yourself first thing in the morning, not after a cup of coffee and not with your clothes on. *Record the weight, include notations like date, time and clothing, on [log sheet](#).*



### Step 2: Record your body measurements

This can be an eye opening and shocking task but again be honest. This is where you will most likely see your biggest improvements. As we make lifestyle changes, which include exercise, you will start to see fat change into muscle – muscle takes up less volume than fat so the scale may not move but these numbers will.

Make notations to yourself where you're taking the measurements – above/below birthmark; above/below tan line; at the fattest part; etc.):

- Chest
- Under chest
- Rib cage
- Skinny part of belly
- Fattest part of belly
- Hips
- Arm – Left and Right
- Thigh – Left and Right
- Plus any other areas you think you will see improvements



Honestly record these measurements on the [log sheet](#). **If you are brave enough take before pictures of yourself.**

**Step 3: Determine and record your long-term goal on page 1** – We will come back to this at the end of the week so leave room for changes and notations. Be realistic. You did not gain 40 pounds in 6 months and you are not going to take off 40 pounds in 6 months. A safe and sustainable weight loss is 1 pound per week. I know it doesn't sound like much but we are also planning on gaining muscle while losing fat so this is a realistic goal.

**Think about this:** Is it a number on the scale you want or is it a look you want? Are those size 2 jeans realistic? Do you want your cholesterol to come down without medicine? Do you want to be able to run with the kids and not lose your breath?

**Step 4: Keep a detailed Food Diary\*** – Include the food, how it was prepared, the amount, and what time you ate. Print 7 copies of the attached form.



**Step 5: Keep a detailed Exercise Diary\*** – record all activity – how many times you took the stairs, any type of physical activity.

**Step 6: Weigh yourself on Monday – Wednesday – Saturday.** Remember to be honest: Record the weight, including date, time and any clothing

*This is going to be a tough week of self reflection. Don't take it lightly. Be honest and be accurate. This will be the toughest week yet. Go to it! And remember: "I'm Possible"*

## Assessment

Body/Date	Starting date:	Week 4	Week 8	Notations
Weight				
Bust				
Under chest				
Rib cage				
Skinny part of belly				
Fattest part of belly				
Hips				
Left arm				
Right arm				
Left thigh				
Right thigh				

Long-term Goal: \_\_\_\_\_

---

## Food - Exercise Diary

Sunday \_\_\_\_\_

Time	Food: Amount, How it was prepared - details	How hungry were you; Were you bored	Exercise: What; How long - details

# Food - Exercise Diary

Monday \_\_\_\_\_

Weight: \_\_\_\_\_

Time	Food: Amount, How it was prepared - details	How hungry were you; Were you bored	Exercise: What; How long - details

## Food - Exercise Diary

Tuesday \_\_\_\_\_

Time	Food: Amount, How it was prepared - details	How hungry were you; Were you bored	Exercise: What; How long - details

# Food - Exercise Diary

Wednesday \_\_\_\_\_

Weight: \_\_\_\_\_

Time	Food: Amount, How it was prepared - details	How hungry were you; Were you bored	Exercise: What; How long - details

## Food - Exercise Diary

Thursday \_\_\_\_\_

Time	Food: Amount, How it was prepared - details	How hungry were you; Were you bored	Exercise: What; How long - details

## Food - Exercise Diary

Friday \_\_\_\_\_

Time	Food: Amount, How it was prepared - details	How hungry were you; Were you bored	Exercise: What; How long - details



# Food - Exercise Diary

Saturday \_\_\_\_\_

Weight: \_\_\_\_\_

Time	Food: Amount, How it was prepared - details	How hungry were you; Were you bored	Exercise: What; How long - details