

BEYOND BEFORE AND AFTER

Weekly Check-In

TEMPLATE

INSTRUCTIONS:

ANSWER THE QUESTIONS ON PAGE 2 ONCE A WEEK, ON THE SAME DAY EACH WEEK. THE PURPOSE OF THIS CHECK-IN IS TO GIVE YOU A "BIRD'S EYE VIEW" OF YOUR PROGRESS.

I LIKE TO USE A JOURNAL APP ON MY PHONE. THE APP CALLED "DAY ONE" IS MY FAVOURITE.

I HAVE ALSO PREVIOUSLY USED THE NOTES FUNCTION IN MY PHONE. THAT IS A GREAT OPTION AS WELL.

ANOTHER REASON WHY KEEPING A DIGITAL RECORD OF YOUR CHECK-INS IS BECAUSE YOU CAN EASILY SAVE YOUR PHOTOS ALONG WITH YOUR WRITTEN CHECK-IN.



THESE CHECK-IN QUESTIONS WILL ALSO BE POSTED IN THE COMMUNITY THREAD EACH SUNDAY MORNING IF YOU WISH TO DO YOUR CHECK-IN WITH THE GROUP. OR YOU CAN SAVE THIS CHECK TEMPLATE FOR YOURSELF IF YOU WISH TO DO IT PRIVATELY.

CHECK-IN TEMPLATE:

- WEIGHT TODAY
 - AVERAGE WEIGHT LOSS FROM LAST WEEK
 - POUNDS TO GO UNTIL MY GOAL
- WAIST MEASUREMENT THIS WEEK
 - COMPARISON TO LAST WEEK
- HIPS MEASUREMENT
 - COMPARISON TO LAST WEEK
- THIGH MEASUREMENT
 - COMPARISON TO LAST WEEK
- AVERAGE NIGHTLY SLEEP THIS WEEK
- HOW WERE MY BOWEL MOVEMENTS/DIGESTION THIS WEEK?
- ANY DEVIATIONS TO MACROS?
- ANY DEVIATIONS TO TRAINING?
- ANY DEVIATIONS TO CARDIO?

OPTIONAL ADDITIONAL QUESTIONS:

- NAME ONE NON-SCALE VICTORY FROM THIS WEEK.
- LIST ONE PR IN THE GYM THIS WEEK.
- LIST SOMETHING THAT **WORKED** FOR ME THIS WEEK.
- LIST SOMETHING THAT **DIDN'T WORK** FOR ME THIS WEEK.
- WHAT IS SOMETHING I WILL **START** DOING THIS WEEK?
- WHAT IS SOMETHING I WILL **STOP** DOING THIS WEEK?
- WHAT IS SOMETHING I WILL **IMPROVE ON** THIS WEEK?

