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| You have seen those amazing body transformation success stories plaguing the flashy fitness magazines and fitness websites.  You ask yourself, are these people for real? Did they really do that in 12 weeks? HOW did they do that in 12 weeks?  I will tell you exactly how those ultimate body transformation success stories are so successful, and this information dips well below the basic dieting and exercise information.  When most people venture onto a body transformation goal they outline the prefect plan and start it full force at the beginning of the week. They are die-hard, and by the middle of the second week they have usually burned out.  Sound familiar?  If your body transformation program fizzles out before you get it started, these 11 steps will be a great help and give you the advantage on your next body transformation journey.  Step #1 – The Primary Rule  Before you even get started with your body transformation challenge you need to set the primary rule, which is to set goals. If your body transformation process entails 12 weeks, break your goals down into a few short-term goals and one long-term goal. If you fail to take advantage of the primary rule, you may as well stop now.  Step #2 – The Closing Date  Along with writing out your goals you need to end your plan with a deadline. Everyone has a starting date, but very few write down a closing date, the actual date they plan to finish their program. If you don't give yourself a deadline to attain your goals you won't finish your program and you won't be a body transformation success. It’s important to set realistic goals for the given amount of time you give yourself. I like to recommend my weight loss clients to set a goal of losing 0.5%-1.0% of total weight per week and calculate a weight that reflects this amount for the given time you commit to.   Step #3 – Scheme of Combat  After you get your goals set in stone with a deadline in place you need to create a plan of action. This plan is the course you must take each day to ensure daily success that will take you to your ultimate goal.  An example of a coordinated plan is to write out exactly what you will do each day to make each day successful, such as planning out your meals the day before, drinking a gallon of water, working out, etc.  In your starting notes, jot down your scale weight, body fat percentage, body measurements, and take pictures of yourself from 4 different views (front, back, and each side).  Step #4 – Dedicate and Commit  Once you have all your ducks lined up, start your plan of action. Put it into full effect Monday morning. Follow it as outlined each day. Make your plan of action a part of your daily life.  Keep in mind that just because you have goals set and written, an action plan, and started your new transformation journey doesn't guarantee success. If you want to be a transformation success you have to stay dedicated to your plan of action.  This dedication isn't an on and off relationship, it's the whole kit-n-caboodle. You start fresh Monday morning and follow through each day 100%, no swaying, no cheats (except when planned), just pure dedication and commitment. It's only 12 weeks.  Step #5 – Sneak a Quick Peek  After your first two weeks on your transformation program take your stats to see what changes have occurred. Is there a change in weight and/or body fat percentage? Have your measurements changed? Can you see visual changes in the mirror and how your clothes fit?  Note any changes, good or bad, and use that as information to tweak your program to keep you moving in the direction you want to go.  Step #6 – 30 Day Photo Shoot  After a full month of staying 100% dedicated to your plan of action take some more full body pictures of all 4 angels (front, back, and each side).  These 30 days updated pictures are ammunition to better tweak your program. Put them side-by-side to your starting pictures. Note any physical visual changes.  Step #7 – One Month Evaluation  Also, at your 30 day photo shoot, evaluate your one-month's progress. Check your weight and body fat percentage and measurements again. Note any changes.  After one month of being fully dedicated to your program you should have stat numbers and photos that give you good insight on how well you are doing on your program.  If everything is going according to your plan, then keep on that same course of action. If you are not transforming you need to modify and make changes to your diet or cardio.  Step #8 – If It Is Not Broken, Don't Fix It  A big mistake many people make when doing a transformation challenge is they "tweak" every few days if the scale is not showing them the number they want to see. Tweak your plan only when it's necessary. A tweak is a small change, not an overhaul of your program.  Step #9 – Excuse Me  If you want to be a transformation success story, stop making excuses such as "I cheated because it was my birthday," "I had to attend a luncheon," "my kids have (fill in blank) practice," "I went out and had a few drinks," etc.  These excuses are just that, excuses, and excuses are the path to nowhere. If you want to be a transformation success story, stop the excuses and just do what is required.  Step #10 – Can the Self Trash-Talk  NEVER talk or think about yourself in a negative sense. If you refer to yourself or pictures as "fat," fat butt," "fat a$$" that's what you will become. No successful bodybuilder, figure or fitness competitor, or transformation success story refers to themselves as fat. They only visualize themselves in the shape they want to be in, and speak of themselves in a positive frame of mind.  You can absolutely alter your thinking to produce the results you want, but you have to think and speak in positive terms. Hoping for a fit body but thinking and speaking negatively is worthless.  Your mind is a powerful tool so use it to your advantage!  Step #11 - Repeat  Repeat steps 4-10 every thirty days until you reach your deadline or ultimate goal.  Conclusion  It's not enough to just want to transform your body, you have to have a passion for it. You have to have determination. You have to do what it takes even if you don't feel like it. Successes always go that extra mile to be their best.  Do what it takes every day and follow through on your program 100% every day you will be the one shining in the spotlight of victory.  For those just getting into working out, here are 8 things I wish I knew when I first started working out. [Here](https://www.healthost.com/blog/view/312755/8-things-i-wish-i-knew-when-i-first-started-working-out) |