

Worksheet B: Tracking Your Progress

"What gets measured, gets managed"

It's important to pick the right things to track. What's actually important to you? What's going to help you know if you're getting closer to your goals? What will you enjoy doing? Consider these questions carefully as you pick something from the menu of options below (or consider your own option that works for you)

There is no right or perfect answer. **Pick the right thing for you!** Your coaches can help you do this.

MENU (choose 1-2 things TOTAL, not per box)		
Activity	Body Composition	Performance
<ul style="list-style-type: none">→ How many steps you do in a day→ How many stairs you climb→ How many minutes of activity (moderate and brisk)	<ul style="list-style-type: none">→ Weight→ Body fat percentage→ Circumference measurements (e.g. waist)→ What size clothes you wear	<ul style="list-style-type: none">→ Weights lifted→ Reps completed→ 5km run time→ How long you can perform an exercise for e.g. plank
Health	Wellbeing	Consistency
<ul style="list-style-type: none">→ Blood pressure→ Resting heart rate→ Blood test results→ Updates from your physio or doctor if you're seeing them for any reason	<ul style="list-style-type: none">→ How you feel in yourself→ How motivated and happy you feel→ How well you're sleeping	<ul style="list-style-type: none">→ How many sessions you complete→ How many weeks in a row you attend the gym→ Length of a workout

What are you going to track?	How are you going to measure it?	How often will you measure it?	When will you know you have made progress?	What may affect the accuracy of your measurement?
#1				
#2				