

## **FIT-Q Progress & Goals Tracking for “ATLAS at My Side” Small-Group Coaching Program 2020**

If you're not tracking and making note of at least the most basic of your “FIT-Q” numbers - then it's nearly impossible for you to be mindful of “where you are” and “where you're going”

This was one of THE MOST powerful lessons I learned about 30 years ago when getting ready for competitions.

**The problem was, in adulthood - I stopped “keeping track”** of my basic physical health parameters and got way out of touch with “how I was measuring up” in terms of my overall health markers - RELATIVE to MYSELF. (this is an important point)

Coming back to using this simple practice for overall fitness and wellness, instead of for just competitions, has been one of the most powerful mindset strategies for keeping me “in tune” with my physical, mental and emotional well-being.

And as easy as this can be - SO MANY people simply do not do this, either because they “don't know” or they “don't want to” (basic ignorance). And in not doing this - we can see how the majority of society **“just let themselves go.”** (not a good way to live life).

But obviously YOU want to “live right” - and now you are :-)

**IMPORTANT** - While most people are aiming to lose weight as part of their fitness & wellness goals - there are some who do not need to lose weight but need to change their Body-Composition so their overall health and functionality improves.

If you fall into this category (main focus being on Body-Composition) you still need to do the progress tracking, because tracking the changes in Body-Fat % and the other parameters will let you know how you are progressing and in the future will give your optimum baselines that you want to maintain as the years progress for all the long term benefits.

**No matter what your goals are - BE SURE to take “Before” photos:** Be sure to take them and place them in a digital folder where you can locate them in the future. (take the following views - and wear shorts & tank top or similar clothing):

1. Front-View
2. Side-View
3. Back-View

**You will want those photos for future reference** and if you are so happy, and in the mood to inspire other people to achieve their health and fitness goals, then those “before” photos will help tell “your story” and prove the changes that occurred on your journey toward your best version of you.

**Your Starting Date:**

**Starting Weight =**

**Ideal End-Goal Weight =**

This can be a **very rough estimate** (we’ll discuss why on a coaching call) of the final and ultimate weight you’d like to reach - even if it goes beyond the reach of this coaching program phase.

**Starting Body-Fat% - Record it 3 times (not just once)** (See Body-Composition [recommended device link here](#) if you don’t already have a body-comp scale.)

1st reading =

2nd reading =

3rd reading =

**Goal Body-Fat% =**

**leave blank if unsure**

(we’ll discuss this on a coaching call)

Widest Hip circumference measurement =

Widest waist circumference measurement =

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NOTES: