

ASSESSMENTS



ASSESS MENTS

As part of your journey, you will need to assess progress

Whether this is from tracking your sessions, tracking your calorie intake or assessing body composition changes regularly.

As discussed in the nutrition overview, at the end of each Phase we want to make sure that you have plateaued with your fat loss progress before moving to the next phase.

Assessments are a key component, without these, progress is based on guesswork.

Assessment Tools

Detailed below are some of the key assessment tools you will use on a weekly basis.

- + Photographs
- + Weight
- + Tape measurements
- + Skin fold readings

Photographs

When taking weekly photographs:

- + Stand in the same spot
- + Wear the same clothes (we recommend underwear OR sports bra/hotpants)
- + Under the same lighting
- + First thing in the morning
- + Take front, side and back profiles
- + No selfies, if possible have somebody take full length shots

We can also group 'clothing' under this, or dress size. To measure or assess progress via photographs or clothes may take 4-6 weeks before visible change can be noticed.

Weight

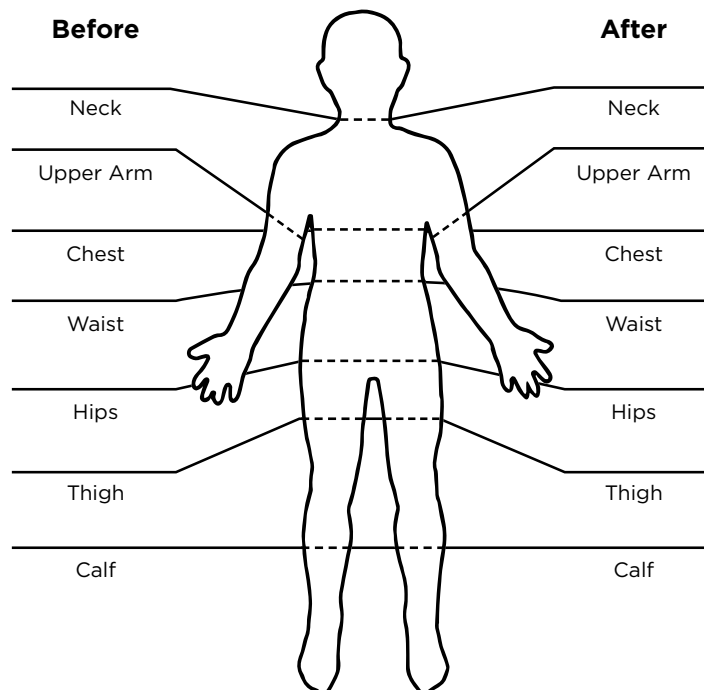
By no means is weight a gold standard of measurement, it can be anything but. Key points when measuring body weight:

- + Weigh first thing in the morning.
- + Have an empty stomach, do not eat before.
- + If possible, go to the toilet first.
- + Don't wear any clothes.

Weighing yourself at any of other time of the day will cause fluctuations. You will weigh heavier at night, perhaps even as much as 5-7lbs, this is normal. Just remember you've had an entire days food and water intake.

Be prepared for daily fluctuations, for even better accuracy, we suggest following the above protocol each morning and taking an average across the week.

Tape Measurements



Waist Measure directly around the belly button for an accurate guideline

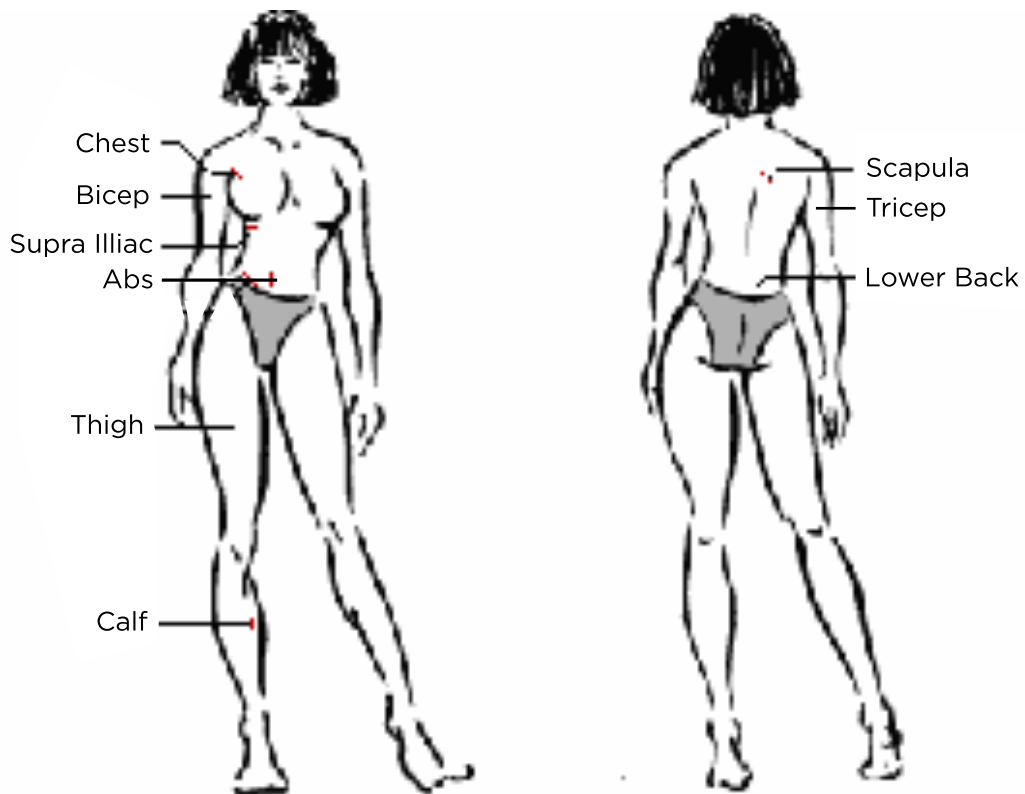
Hips Measure directly around the widest part of your glutes

For accuracy, tape measures must be taken in the same spot each time, also down the same side of your physique. If you measure your left side initially, then this needs to stay consistent throughout your assessments.

Also, have the same person each week do your assessments to eradicate any further errors.

Tape measures must also be done first thing in the morning for improved accuracy.

Skinfold Measurements



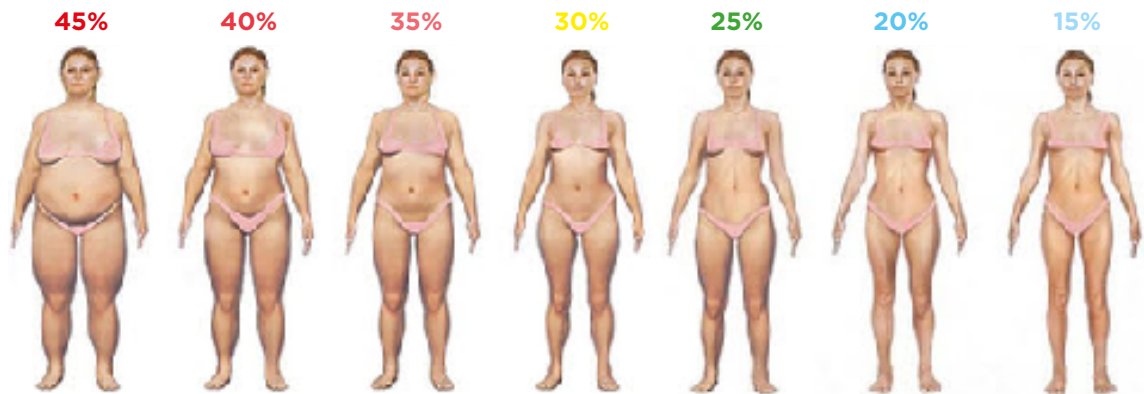
Skin folds are a highly useful assessment tool, and must be done by somebody competent for accuracy.

Ask in your local gym facility for a coach or personal trainer who may provide this service.

Skin folds are extremely useful to see exactly where you are losing body fat from. Be prepared for some weeks when body weight may not change. This does not necessarily mean that you have made zero progress, more on that to follow.

Which **assessment tools** should I use?

+ how much progress should I see?



35%+

If you fall into the above category, then we recommend you use weight, tape measurements and photos as your key assessment tools. We don't recommend skin folds at this stage.

We do expect weight to be a good indicator of progress, this may not always be linear, ie you may not lose weight every week, or you may lose varying amounts per week, but over a period of weeks, you should see a decline on the scales.

It is key to always use more than one assessment tool. Do not always rely on weight as your go to assessment. It is common to not drop any weight on the scales, however, key tape measurement sites such as waist or hips may be reduced from the previous week. That is a clear sign that fat loss has occurred.

35%>

Its not uncommon for a typical size 8-10 female to have a body fat % upwards to 30%. Remember % is relative to your body weight.

You may be a newbie to training and resistance, and in this case you may have a low lean body mass. In this case, skin folds are a key assessment tool.

Weight may not even budge for you, eg 125lb female @ 28%

Your focus is on reducing your body fat, not so much your weight. As muscle mass increases over a period of time, this will reflect on the scale.

Skin folds must be taken on a weekly basis if this is the case. If weight remains the same, and skin folds drop then this is a positive assessment.

In the past, from experience with working with over 1,000 females, weight **MAY EVEN INCREASE** and skin folds can still drop. This is 100% fine and do not be alarmed if this happens. Embrace your new found muscle.

When not to assess?

When is it a good idea not to assess?

- + You've had a 'night off' or a social event where you've over-indulged

You can expect to be a little heavier than normal the next morning if you've had a night of over indulging. Leave assessments for 1-2 days until you are back on track.

- + Its 'that time of the month'

Many females don't realize this, but your cycle time will have a huge effect on your assessments that week.

If you do wish to assess, then be prepared to see increases across the board. Weight will go up, perhaps even by 7lbs, tape measurements will increase around your waist and hips, and skin folds will rocket around these areas also.

If you can deal with the increases, then assess and bare in mind the situation.

All will return to normal in a few days.

On a side note, your week in the gym that week will be poor, you may notice strength decreases, you will also have cravings for all things sweet. If needs be, reduce your fat intake per day and increase carbohydrate intake to compensate for some chocolate.

ASSESSMENT **PROGRESS** CHART

Measurements	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Weight (lbs)												
Chest (cm)												
Biceps (cm)												
Waist (cm)												
Hips (cm)												
Thighs (cm)												
Calf (cm)												

Calliper Sites (mm)	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Bicep												
Tricep												
Chest												
Abdominals												
Supra Iliiac												
Scapula												
Kidney												
Quads												
Calf												

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