


## Body measurement tracking chart

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If you are on a weight loss or fitness journey, you should read this article. Why? Because tracking your body measurements and fitness progress can be crucial to getting in shape! Those who manage to transform are the ones who will write everything down. As they say: What gets measured improves. Or as we say to our 1-on-1 Internet Coaching Clients, track the problem to solve the problem! Nerd Fitness Trainer can guide you and track your fitness progress! Find out more here. Today we teach you these life-changing habits: let's jump right in! How do you measure fitness progress? Sound familiar? You decided you want to get in shape. You go for a jog every day for a week and try to eat less food. You step on the scale every day for a week and the numbers go down. Yaaaa! You go to cook on a Sunday, step on the scale on Monday and it's higher than before! You go crazy, you go crazy and you fall off the van. Foam, rinse, repeat. I think it's 80% of people who are trying and not being able to get in shape. Fortunately, you read Nerd Fitness, which means that you are most likely smart, incredibly handsome, humble, and aware that doing the same thing over and over again, expecting different results is the definition of madness. On top of that, you understand and appreciate the importance of tracking your progress - as they say, what is measured is improved. This is true precisely for these reasons: 1) Libra does not tell the whole story. I've already covered my thoughts on the scale. If you train the right way (with an emphasis on strength training), your weight may not fall as fast as if you were starving yourself and ran 20 miles a day. Hell, you can be stronger and more muscular, but the scale refuses to budge. Now, if you only have a scale like your measuring stick, you'll probably get super discouraged and depressed in the absence of progress. However, if you have tracked your body changes correctly, you will realize that you are making far more significant and healthier progress by doing things the right way. At the end of Saint's journey to Ab-Promise Land, his weight went UP while his body fat percentage went down. The scale can lie! NOTE: The scale can also serve as a good trend tracker, and I'll cover that below - it was a key tool for me in losing 22 pounds for 6 months while building muscle. 2) You don't know if you are on the right track. Along with the scale of not telling the whole story, it's hard to tell if you're losing the right kind of weight in the right kind of places. There are so many other aspects to consider other than the number on the scale, including how you look, feel, and where weight loss comes from - your muscles or your fat. It's like driving over rough terrain without a map, compass, road signs, or sights to use - as you know you're going the right way if you have no idea where have you been and where are you going? 3) You don't know how much you eat. Eat. You are overweight, you may think that your metabolism is impaired and you just can't lose weight. (Tracking some things will tell a different story). If you are underweight and can't gain weight no matter what you eat, you probably don't realize how many calories you consume on a daily basis. We often have such a distorted sense of reality when it comes to the proper portion size and what constitutes food. For example, it is a serving of carbohydrates and fat. Taken from our guide to healthy eating. We need to be better informed about the appropriate portion sizes. 4) You can't tell if you're getting stronger. Our bodies need to be constantly challenged in order to adapt and become stronger. If you do 3 sets of 10 push-ups every day for a year... You'll just be very good at doing 3 sets of 10 push-ups and nothing more. You need to constantly increase the complexity of your training in order to get

results. This concept of progressive overload is the cornerstone of strength training. If you don't know how you did last time, how the hell will you know if you're doing better this time? What is measured gets improved! I'm sure there are actual psychological reasons why this works, but I know I get better results when I exercise, if I know exactly what I need to lift or how fast I need to run to get stronger and better. If I did 30 push-ups in a row last week, then this week I have 31! 31! 31! embellished in my head, making them... Of course, I'll get to 31. On top of that, if you're constantly: Tracking what you eat Taking Measurement Tracking your workouts you'll always think healthy! And thus make healthier decisions on a more consistent basis. Hopefully at this point you will at least come to the conclusion that perhaps you should start tracking your progress. Yes Steve, I've seen the light and I'm ready to start tracking my progress... tell me what the hell I need to do! Perfect. Here's how to do it. How do you take body measurements? THE NUMBER ON THE SCALE DOESN'T DEFINE YOU! When you force the train and eat right, your body usually only sheds fat while maintaining the muscles you already have. I delve deeply into the topic in the article Can you lose weight and gain muscle at the same time? Compare this to crash diets and hours of cardio, where your weight loss will be greater, but you will lose both muscle and fat (and leave you to look and feel weak). By tracking body composition in more than one way, you'll have a better idea of what works and what doesn't work with your training. If after a few weeks you do not lose the right kind of weight, you will know that you need to make some adjustments. Before we get into the metrics, let's set one rule: Don't track everything on a daily basis. Our incredibly complex pieces of technique where all kinds of crazy things happen all day and all night. Our weight can fluctuate by many pounds during the day. Measurements Day can contribute to unhealthy OCD behavior, where every tiny little change will be carefully and blown out of proportion. So measure yourself once a week at the same time under the same conditions. I advise after you wake up and before you eat breakfast. Depending on your schedule, I'd either choose a Friday or Monday morning to track all your measurements - if you tend to allow yourself to go on weekends, I'd advise doing your measurements on a Friday morning, so you'll have a whole week to get back on track and see long-term changes. Here are better ways to track yourself other than the scale: 1) Take the front and side picture - My favorite method. Stand in front of the mirror in a swimsuit or underwear with a mobile phone camera and rinse. Then turn to the side and take another profile picture. Just take a picture, hide it in a folder on your computer and add it once a week. You live with yourself (yes), so it's hard to notice changes on a daily basis. However, if you have two months of weekly photos to look back on, you will be able to tell if your body is being transformed in the right direction. 2) Take body measurements - Go to the craft shop and buy a cheap tape measure or buy one of these self-help tape measures. Make sure your measurements are taken in the same conditions each time. Also, make sure you measure the same place each week - kind of weird, I know, but I choose freckles on my arms and legs, so I know exactly where to measure each week. Take a circle measurement in each of these places and record it: Neck (for most people, this is what connects your body to your head). Shoulders (both hands down on your side, at the widest moment from shoulder to shoulder). Chest (raise your hands, wrap the roulette around your chest, just above the nipple, and then lower your arms). Biceps (left or right, but be consistent). Waist (on the navel for consistency). Hips (measure the widest part of the thighs). Hip (left or right, but choose the same spot on the hip each week). 3) Measure your body fat percentage - This one is a little tricky depending on your resources and financial situation. It would be best to buy a simple fat fat if you are strapped for cash. If you want to be more accurate, pay \$40-60 per visit and get your fat test at Bod Pod Location - a wise investment once a month (or every two months) to make sure you are on the right track. I'm not a fan of fat calculators that are built into your scale as I find them wayyyy too hit and miss. Important information about tracking the fat percentage: no test is really 100% accurate, and a specific number is not as important as how it changes from month to month. You can at least make sure that you measure it the same way each time to measure if it's trending in the right direction. What I am Measure for weight loss progress? (Your food) Do you know how many calories calories eat on a daily basis? When I talk to someone who is trying to gain weight/lose weight, the answer is the same: I eat enough for my goals, but I don't get results... I think it's genetics! Unfortunately, in 99% of cases, it is usually ignorance rather than genetics. This is a topic that we address in detail in the article Why can't I lose weight? If you haven't taken the time to actually count calories for a few days of your normal nutrition schedule, you probably don't have a freaking notion of how many calories you eat! Want an approximate idea of the amount of calories you should be eating? Calculate your calorie needs right here. You can't overtake your fork - 80% of your successes or failures will be a direct result of how you eat. While the quality of calories consumed is incredibly important, the amount of calories you consume is the first thing that needs to be corrected. Think of your belly as a muscle that adapts to its surroundings. If you constantly shovel 4,000 calories down your throat, your body will start to crave 4,000 calories, even if it doesn't need that many. Most people eat the same few meals over and over again on a weekly basis - I do. For this reason, I don't think it's necessary for you to track all your calories every day for months and months. However, I think spending a week recording each calorie is incredibly important for your education and awareness of what you eat. I say every freaking calorie: that half Kat Kat bar on Judy's desk when you stopped to grab some covers for your TPS reports, a handful of MSM you ate while watching 30 Rock reruns on Netflix, five cans of Coke you drank, finishing that late-night project, and six beers and three slices of pizza you squeezed out to celebrate afterwards. Each. One. Calorie. If you have an idea of how much you eat regularly, take a look in the mirror. Like what you look like? If so, great! Keep doing what you're doing. If you're not making progress and you're tracking your calories, congratulations! No, your body isn't broken. You need to keep track. Consider getting a food scale, and making sure you have your piece sizes correct! HOW TO LOSE WEIGHT: Start by eating a little less than you're used to (so you're not unhappy) and learning your stomach to expect less. You can also peek into the intermittent post. If you have the numbers under control, you may start making some other healthy changes. We actually accounted for all of these things and created a 10-level Nerd Fitness Diet - choose the level you're comfortable with and then follow the instructions in our strategy guide (free when you sign up for the box below) and level your diet (and your physique) constantly! Download our free weight loss guideTHE NERD FITNESS DIET: 10 Levels to Change Your Life Follow our 10-level nutrition system in Own Pace What You Need to Know About Weight Loss and Healthy Eating 3 Simple Rules That We Follow Every Day to Stay On Purpose I Am Recording your calories can be a pain in, which is where sites like MyFitnessPal come in handy. They all have a massive food database that allows you to simply plug in what you ate (Big Mac, one apple, a gallon of Ben and Jerry's ice cream, etc.) and it tracks calories, protein, carbohydrates and fats throughout the day. If you eat out often, you'll have to do some research - go to the restaurant's website and they probably have nutritional information out there. If they don't have it online, do your best to evaluate by choosing a similar meal option on one of the sites listed above and use his food information instead. It doesn't have to be perfect, but tracking food for days can be one of the most learned experiences you have when it comes to getting in shape. Write it down, suck it! For more help counting calories, check out our guide to calories, calories out. How do you know if you are making progress in the gym? Could you tell me, please, which way I should go from here? It largely depends on where you want to get to, said the cat. I don't care where, Alice said. Then it doesn't matter which way you go, the cat said. When you train, do you know what you need to do to be better? Do you know exactly what you are going to do and how long it should take you? Or do you kind of wander around the gym like a lost sheep, trying to figure out which machines look fun to use that day? If you are serious about getting in shape, you should start tracking your workouts. Think of it as racing your ghost in Mario Kart: when you can see how you did last time, you know exactly how much better you should be this time! Here's how to track your workouts: If you did 3 sets of 10 push-ups last week for a total of 30 push-ups, you should be able to do 31 total push-ups this week to be stronger. If you did squats with 135 pounds last week, this week you'd better be squatting 136 pounds or more if you did 3 pull-ups last week, you know you need to get to 4 this week if you want to be stronger. Have a plan, know what results you should get in order to be better today than you were yesterday and then get there! You can certainly use any of the sites listed above to track your diet to track your workouts too, but I'm a huge fan of strength training, so I just keep track of my workouts at Evernote. It was this simple tracking method that made me deadlift 400 pounds. I always know exactly how I did in my last workout, so I know what I need to do in this workout to get stronger. I've been working with an online fitness trainer for 5 years - he can see my progress and then create training, which is sllightly more difficult. As we learned from the Spartans, appearance is a consequence of fitness. If you're focused on getting stronger and faster, taking a more active role in how you eat, and you're constantly monitoring your progress to make sure you're moving in the right direction, Will get the results you're after. A quick note: strength training changed my life and life of every success story in Nerd Fitness. If you want to transform like them and you are interested in strength training but don't know how to get started, we're here for you! Going to the gym can be intimidating, especially if you are not used to using the free weights section. Knowing how to eat for your body type and purpose can be overwhelming too. We remove all that guesses in our 1-on-1 coaching program, where our coaches get to know our clients, build custom workout programs for them, help set up their diet in a way that doesn't make them unhappy, and gets consistent results! You can schedule a free call and find out more on our coaching page by clicking below: Success stories of people who tracked their progress we had some incredible success stories here at Nerd Fitness. Guys like St. who dropped 60 pounds of fat and got in shape for her wedding: And women like Stacey who started weight training and changed their lives: Or Leslie is a single mother who has lost 100 pounds since she began her journey with Nerd Fitness: These are just three examples of hundreds and hundreds I could share with you. Some people gained strength and muscle, while others lost a huge amount of weight and fat; despite different goals and completely different results, they all made one particular change that helped them really get the results they wanted: They recorded everything: their measurements, their food intake, and their workouts. If you are serious about making changes to your life and getting in shape, I can't stress the importance of tracking your progress, and I don't mean just stepping on the scale every morning and freaking out every time it goes up 1/10th pound. I'm talking about a plan that allows you to find and stay on the right track. Fortunately, I'm here to help you start putting these practices in place today. I bet you're here because you're interested in converting and losing weight, like St. and Stacey and Leslie above. I know how hard this stuff is - it's not only knowing what to do, but also knowing how to do it properly and stick to the plan for months. There's nothing worse than going to the gym and not knowing what you're doing, or spending months training just to realize that you've been training wrong all the time! K Knowing how to exercise and then force yourself to actually perform with a program long enough to get permanent results is brutally difficult. If you're willing to cut through the buzz and you're looking for guidance, accountability, and personalized attention, check out our 1-on-1 coaching program! We help busy people like you (and Leslie above, a coaching client!) get results in a healthy, sustainable, non-miserable way. You can learn more about our coaching program by clicking on the image below planning a free call with us to find out Your turn: How do you track your progress? Have you made adjustments to your plans after tracking the results? Do you have any questions about how to properly track your body, nutrition, or workout? That's why I'm here. Well, that's a comedic relief. Let me know in the comments! -Steve PS: If you're looking for EVEN MORE instructions and guides, check out Nerd Fitness Prime. Nerd Fitness Prime contains at-home exercises, live streaming workouts with NF trainers, online community support, group challenges, and more! In addition, you can even communicate with me in our private group Discord! See you there? pencil, numbers, tape, tablet, notepad body measurement tracking chart excel. body measurement tracking chart pdf. body measurement tracking chart printable. six month body measurement tracking chart. body measurement chart for tracking weight loss

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