

Motivational Tip 5

Tracking, Goal Setting, and Body Composition

We believe that tracking and monitoring your progress is a great motivator when you're are trying new things with your fitness and nutrition. Without tracking your progress you will never be able to see what's working and what's not working. Remember, the goal is to have a healthy body fat percentage. You get that number dialed in by increasing your muscle mass and decreasing your fat mass. If you're losing weight and also losing muscle, your body fat percentage will not change. Don't get discouraged if your scale weight is not moving as quickly as you would like. The purpose of this program is to get you to focus more on body composition than weight because that is a better indicator of fitness. If you follow the program, the next 60 days will be a game changer for you. Trust us...you're body composition and weight will be impacted.