

PROGRESS TRACKING TOOL

It is important to set goals and to track your progress towards your goals so you can identify what is working for you and what needs to be fine-tuned in your EnergyFirst Program. The most effective way to track your progress is with objective measurements. You first need to set measurable goals with reasonable deadlines, establish your starting point, and then take regular measurements to track your progress. Use the following chart as a guide:

Health Indicator	Starting Point Date:	Goal Measurements Date:	4 week check point Date:	8 week checkpoint Date:	12 week check point Date:
Body Fat%					
Weight (lbs)					
Blood Pressure					
Resting Heart Rate (bpm)					
Total Cholesterol					
LDL cholesterol					
HDL cholesterol					
Glucose					
Triglycerides					
Waist (inches)					
Hips (inches)					
Thigh (inches)					
Chest/Bust (inches)					
Biceps (inches)					

In addition to these objective measurements, you may also wish to take some subjective measurements. These are measurements for which there are no numbers, but feelings. These measurements are equally important and are often indicators of your quality life. These may include: Energy Level or Mood Level.

At the completion of 12-weeks on the program, you should compare your starting point measurements to your 12-week measurements to determine how much progress you have made. If you find yourself surpassing your goals before the end of your 12-week program, reassess your goals and set them higher.

Use The EnergyFirst Success Journal to set detailed goals and track your progress.