**Assess for Success**

It is important to know exactly the metrics you will use to measure your success.

If you never get on a scale, how will you know that you have lost weight? If you never do a body composition or a strength test, how will you know if you are stronger? If you never check in with your body, how will you know you have made improvements? This is why we recommend checking in with your body and your goals daily, and doing assessments every 4-6 weeks.

**DOING ASSESSMENTS** Common goals and suggested assessments

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| **Goal** | **Primary Assessment** |  |
| Lose weight | Scale | Approximately 80% of people. Weigh same day and time – preferably a.m. and naked. |
| Lose body fat | Body composition, FIT3d | A reduction of body fat may not show on the scale if you’re adding muscle. Your circumference may change, without the scale moving due to the fact that 1lb of muscle takes up 17% less room than 1lb. of fat |
| Gain muscle | Scale, Body composition | Creates a tighter denser body-less fluffy |
| Gain Strength | Heavier weight progression | Try to add a rep or more weight at every workout. |
| Gain Flexibility | Sit& reach test | Use foam rollers, stretching and yoga regularly |
| Better cardiac health | Monitor HR | A lower RHR is a sign you are improving. |

**Plateaus and assessments** But, what happens if you get stuck?

Plateaus are a part of every fitness goal. You want to lose 25lbs. Every day you weigh religiously. In the beginning, it is effortless. Weight seems to drop daily. 5lbs down, 8lbs down, 11 lbs down…..then WHAM! No improvements, no changes, not even an ounce. You are doing everything right, but the scale won’t budge. Maybe it’s broken. You change the battery. Nothing. AAARRGHHHH. This is where a lot of people quit, frustrated, convinced that this working out thing doesn’t work.

But don’t quit. It is merely your body seeking homeostasis, a reset point. When you are focused on one thing, plateaus are some of the most frustrating, demoralizing times ever. But by paying attention to some secondary metrics, you will be able to see changes, even when the scale won’t move.

Before you give up, ask yourself daily- How do I feel? How do my clothes look? Does this choice (to exercise, eat this item) move me closer or further from my goals? If you can answer positively, keep doing what you’re doing. Soon, you will see a jump, and things will get rolling again.