



# 6 Weeks to a Firmer, Flatter Tummy



## THE IMPORTANCE OF MEASURING YOUR PROGRESS

I am amazed at how people beat themselves up because they think they are not making any progress. Often, they just don't realise how much progress they have made because they have not implemented any methods to track and monitor the changes.

Without measurement there can be no knowledge of improvement.

In this report you will discover a few simple methods to track and monitor your progress. But, you need to view the numbers in the correct manner. Both positive results (moving in the right direction) and negative results (moving in the wrong direction) can be positive outcomes. This is because any measurement result gives you clues as to what is working and what is not working. It is this information that makes it easy to change your program when necessary.

We are going to discuss a few methods of measurement that are very easy for you to perform in the comfort of your own home without having to spend money on fancy equipment or visit any health and fitness professionals.

## BODY WEIGHT MEASUREMENTS

Body weight is the most common measure people use to assess changes in their body. Unfortunately, body weight measurements can be very misleading.

For example, if someone lost 5kg of body fat and gained 5kg of lean muscle mass, there would be no significant change in their scale weight. However, their body composition would have changed quite dramatically and their body shape would look significantly better.

Now consider if someone had to lose 5kg with all of that weight loss coming from lean body mass (muscle). Despite losing a significant amount of weight, this person would actually look worse.

Scale weight does not give us a clear picture of what is happening on the inside of your body. It does not tell us where the weight loss or weight gain is coming from. The lesson here is not to use body weight alone to measure your progress. Scale weight is not useless however, and should rather be utilized in conjunction with other measures to determine overall progress.

On the next page are some guidelines for body weight measurements.





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## How to Find and Use the Right Scale

The main factor when using a scale is that it must be accurate and reliable.

The way to test if your scale is reliable and accurate is to take an object of known weight, and measure it a few times (about 5) and ensure that these readings are within 0.5kg of each other. If the readings differ by more than 1kg, then you will need to reset (or re-calibrate) the scale. If you can't reset the scale or if once reset it still gives results that differ by more than 1kg, then you may need to use a better scale.

## Weighing Yourself

It is always a wise decision, to retest the reliability and accuracy of the scale each time you "weigh-in". Do this by retesting the known weight you used previously about 3 times prior to weighing yourself. After testing your scale a few times at your "weigh-in" you may find that your scale is accurate and reliable consistently. You can then stop testing it all the time.

It is important that you weigh yourself under similar conditions each time. Decide on a time of day that you can do this consistently. It is important that this happens at about the same time of day each time. This is because your body weight can fluctuate by up to 2-3kg based on time of day, hydrations status and whether or not you have eaten recently.

Weigh yourself 3 times and take the average and record this on your tracking sheet (see appendix).

Although it is fantastic to see consistent changes moving in the right direction, you are bound to have occasional readings that are not moving in the desired direction. Do not be too concerned when this happens. It is important to track the trends rather than the absolute values. It is important for the trend to remain moving in the right direction. If the trend appears consistently negative, then all it means is that some form of change in your exercise or nutrition program may be necessary.

## GIRTH MEASUREMENTS

These measures will help you track changes in the size of specific body parts. If you have goals to increase chest or upper arm size or decrease waist or buttock size, then these are great measures to utilize.

## How to Use Your Tape Measure

A simple cloth measuring tape will suffice. Pick the body parts that you would like to measure (you will find a full list on the next page). The tape must be wrapped snugly around the body part. It is very important to use consistent tightness.

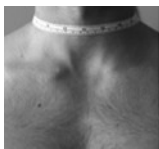




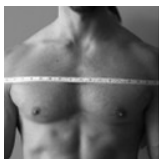
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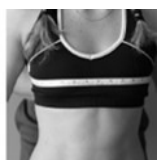
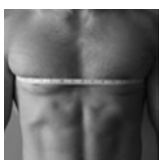
Here is a list of body parts to choose from:



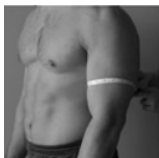
**Neck girth:** Measured just below the Adam's apple and at the level of the 7<sup>th</sup> cervical vertebra.



**Shoulder girth:** Measured at the widest point of the shoulders, around the entire shoulder area. Make sure you're standing upright and breathing normally. Record the measure after a normal (not a forced) exhalation.



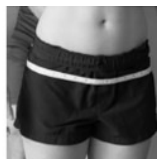
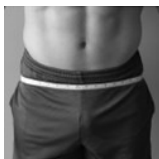
**Chest girth:** The maximal horizontal girth of the chest at the nipple line, measured during normal breathing. Make sure you're standing upright and the tape measure is passed over the shoulder blades and under the armpits. Record the measure after a normal (not a forced) exhalation.



**Upper Arm Girth:** Measured halfway between the elbow and the bony point on the top of your shoulder. Measure this distance, take the mid-point and perform your circumference measurement.



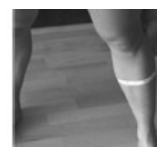
**Waist Girth:** Measured at the navel. Be sure you're standing upright and breathing normally with the abdomen relaxed. Record the measure after a normal (not a forced) exhalation.



**Hip Girth:** Measured around the glutes at the level of maximal circumference.



**Thigh Girth:** Measured at the halfway point between the center of the kneecap and inguinal crease (the line where your leg inserts into trunk). Measure this distance and establish the mid-point. Take your circumference measurement there.



**Calf Girth:** Measured at the widest point of your calf muscle.



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Please note that all information shared is for educational purposes only. Please consult with your Doctor or registered health professional before embarking on or making changes to your exercise or nutrition programme



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Find evidence of your progress by taking a trip to your very own cupboard. Take out a pair of pants (or any other item of clothing) that fit rather snugly before you began your new, healthy habits.

Are you able to ease into them, when before you had to sit (or lie) down and yank them up your legs? This is a sure sign of progress toward a leaner you! Jeans are a great form of measurement because they are often the least forgiving. They just won't stretch to fit in those bulging areas.

Your clothes can be your benchmark for how well you are progressing. Try them on every 2 weeks. Unlike the scale, clothes do NOT lie. They can't. They are ALWAYS the same size.

## ENERGY LEVELS

Monitor how eating better and exercising regularly affects your energy levels. As you progress you will find that you are able to:

- Workout for longer intervals of time
- Daily movements and tasks become easier (cutting the grass, walking up the stairs, grocery shopping, house cleaning, playing with the kids, and more).

Pretty soon you'll be training for your first 5K fun run/walk or maybe even tackling a 10km or half marathon!

## EMOTIONS

Be aware of how you are feeling emotionally. You will be working hard to reach your goals. Hopefully, all this hard work will come with a boost in:

- Self-esteem
- Confidence
- Happiness.

Keep track of things like:

- Are you beginning to feel more comfortable in your own body?
- What do you hear others saying to you?
- What are you saying to yourself?

These are all great ways to measure your progress. On the next page are a few resources and worksheets that you can print in order to track all the areas mentioned above.





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Measure each area that you choose to use three times and take the average. Record this in your girth measurement worksheet.

DATE: \_\_\_\_\_

## GIRTH MEASUREMENT WORKSHEET

Site	1	2	3	Average
Neck				
Shoulder				
Chest				
Upper Arm				
Waist				
Hip				
Thigh				
Calf				

## BODY WEIGHT WORKSHEET

	1	2	3	Average
Weight				

## CLOTHES, ENERGY LEVELS, EMOTIONS WORKSHEET

Make a few notes / comments about your progress	
Clothes	
Energy Levels	
Emotions	





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## WEEKLY RESULTS TRACKER

Program Week	0	1	2	3	4	5	6
Body Weight (kg)							
Neck (cm)							
Shoulder (cm)							
Chest (cm)							
Upper Arm (cm)							
Waist (cm)							
Hip (cm)							
Thigh (cm)							
Calf (cm)							



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