

MEASURING YOUR PROGRESS

As you begin to measure your physical progress, remember to avoid using the scale as an indicator. Your weight does not reflect how healthy you are or the progress you've made. The scale simply shows that you have lost weight. Here are some simple ways to measure your progress - if you can lift a weight more than 15 times, it is time to add more weight in your strength exercises, if your endurance activities no longer feel somewhat hard to you, it's time to exercise a little longer, or add more difficulty.

Track your monthly progress using the chart below. Fill it out the same day each month. As your endurance improves, you should find that; you can walk farther in 6 minutes, you are lifting more weight and completing more sets, you can stand on one foot longer, and it takes you less time climb stairs.

	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.												
Endurance: See how far you can walk in 6 minutes. Write down the distance.																								
Strength: Record the number of sets, reps, and lbs. for each month.	Sets	Reps	Lbs.	Sets	Reps	Lbs.	Sets	Reps	Lbs.	Sets	Reps	Lbs.	Sets	Reps	Lbs.	Sets	Reps	Lbs.	Sets	Reps	Lbs.	Sets	Reps	Lbs.
Bicep curls	2	15	0	2	15	0	2	15	5	2	15	5	2	15	5	2	15	0	2	15	0	2	15	0
Balance: Time yourself, as you stand on one-foot, repeat with the other foot. Stand near something sturdy to hold in case you loose your balance.	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L
Lower Body: Time your self as you walk up a flight of stairs (at least 10 steps) as fast as you can. Always use the same stairs.																								

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