**Part 1**

*The activity that I picked to error proof is gaining/maintaining lean muscle while not gaining excess fat.*

*First, we have to design a process of how we can achieve this goal above. By doing this we can pre evaluate and prioritize red flag conditions. I would suggest doing research of methods not only for workouts but also planning meal schedules. Meal scheduling would allow you to understand what to eat and how many meals needed to be eaten per day. Water intake and rest would also be calculated in this step.*

*After this we need to identify and describe the defect and errors. IN this circumstance errors could be current eating habits and workout schedule. Another factor could be if the workouts being done are yielding any positive or negative results. This overall gives a good baseline for where we started and therefore can map out progress or failures.*

*Next, we need to determine the root cause of the current defects or errors. In this case the root cause would be unhealthy eating habits. This is a counterproductive factor when attempting to put on lean mass. No matter how much you work out if you are not properly feeding your body you will not see the lean results. After this we should review the procedures and ask what workouts, foods, and amount of rest and water consumption has worked for the goals that we are setting.*

*While doing this we should also identify and deviations from the standards that have taken place. This would include any pulling away from the written-out plans. This could include eating, working out, rest or water intake.*

*Then after identifying the deviations, we need to identify the type of error proofing that is required to eliminate the causes. I believe carrying a screenshot or list of workouts and goals is the best way to do this. You should also track your progress. By seeing that you are getting results you will be encouraged to keep going towards your goals.*

*The last step is to create the error proofing solution and test its effectiveness. In order to do this well it is recommended that you do a wide search of methods and strategies that have worked for others and test them yourself. Once you find one that works and shows results it will be much easier to maintain since you will see the numbers and therefore the progress.*

*The single most important red flag condition that can cause the plan to fail is too many steps. This is especially important for people that are new to working out and or just starting back up after a long break. Some of the issues could include overly large workout plans, or even overall large plans in general. For example, some people just can’t stick to the same schedule day after day doing the same things all the time, so building in flexibility is key to maintaining. This also playing into the idea of having to many rules and restrictions can make you feel trapped and never free to do what you want which also decreases people ability to stick with a plan.*

**Part 2**

*As I said above its key to develop a plan that works for you. If you steal someone else’s super restive plan and you are known to be a person that can’t do the same thing over and over then it’s obviously not going to work. So, the most important step is developing a process that works for you have trial and error. Most of the time it is a very fine balance between structure and freedom and since everyone is different your plan will be too. The key is to allow yourself a period of time for testing and not focusing on the failures of testing too much. This is often another key area with failures and deviations will happen.*