

# 6 To Stay on Top of Your Fitness Goals

## Simple Tips to Track Your Progress and Stay Motivated

### 1 Why Track?

“What’s get measured, gets managed

Benefits:  
Helps with motivation  
tracks progress towards goals  
identifies area for improvement  
keeps you accountable



### 4 Tools you'll need

- Notebook or Journal: Perfect for logging workouts, meals, and goals.
- Fitness Apps: Popular choices include MyFitnessPal, Fitbit, or Strava.
- Wearable Devices: Track steps, calories burned, heart rate, and sleep patterns.
- Body Measurements: Use a tape measure or body composition scales.
- Calendar or Planner: Schedule workouts and review weekly progress.



### 2 Key Metrics to Track

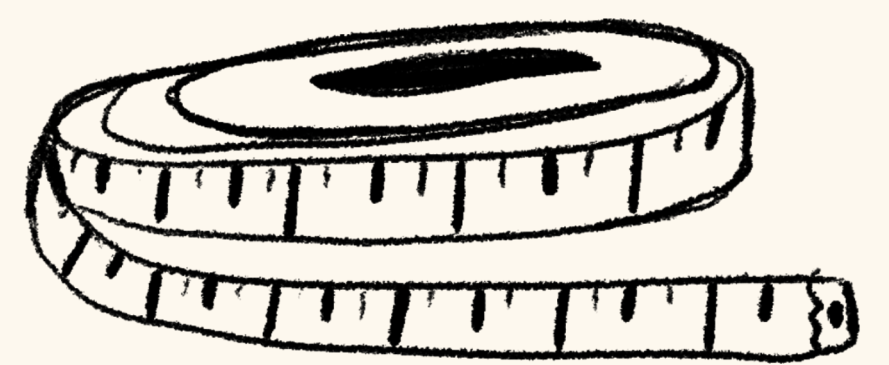
keep track of your workout progress, nutrition, body change, and wellness.

### 5 Tips for Stay Consistent

- Set SMART Goals: Specific, Measurable, Achievable, Relevant, Time-bound.
- Review Regularly: Weekly or monthly check-ins to assess progress.
- Celebrate Milestones: Reward yourself for hitting small goals.
- Adjust When Needed: Modify your plan as your fitness level changes.
- Stay Inspired: Follow fitness blogs, podcasts, or join a fitness community.

### 3 Sample of Fitness log to follow

- Date:
- Workout: (e.g., 3-mile run, 30-min yoga)
- Duration:
- Calories Burned:
- Nutrition Notes:
- Sleep Hours:
- Mood:



### 6 Stay Connected

Regularly communicate with your friends and family on your progress for