

# Accountability Form

## NUTRITION



1. How was your calorie intake?

*Mark only one oval.*

- I ate within my planned calorie range.
- I ate fewer calories than planned.
- I ate more calories than planned.

2. How was your protein intake?

*Mark only one oval.*

- I ate within my planned protein range.
- I ate fewer protein grams than planned.

3. Did you plan your meals in advance?

*Mark only one oval.*

yes

No

4. Did you plan and eat a treat meal?

*Mark only one oval.*

yes

No

5. Did you run into any situations that made it hard to stay on your nutritional plan? If yes, describe how you mastered the situation or how you will master it next time it comes up.

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6. Did you keep a food diary, noting any skipped meals and / or unplanned treats?

*Mark only one oval.*

yes

No

7. How much water did you drink daily, on average?

*Mark only one oval.*

	1	2	3	4	5	
1 liter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5 liters

## TRAINING



8. Did you complete all planned resistance training days?

*Mark only one oval.*

- yes  
 No

9. Did you complete all planned cardio sessions?

*Mark only one oval.*

- yes  
 No

10. Did you complete any unplanned exercise this week? A class? Yoga? Walking?

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ACCOUNTABILITY



11. Has anything happened this week in your personal life that has affected you?

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12. How was your overall energy this week?

*Mark only one oval.*

	1	2	3	4	5	
Low	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	High

13. If anything, what will you do differently next week?

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## MEASUREMENTS



Measurement section caveat!!

You will probably already be updating your measurements within the We the PCOS app. If you are, you can skip this section as you will have a record of your measurements that you can easily see and compare there.

14. What is today's date?

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*Example: January 7, 2019*

15. What was your weight last week / this week?

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16. What was your body fat % last week / this week? (Skip this question if your scale does not track body fat. You can record this as a % or in pounds, whichever you prefer.)

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17. What was your muscle mass % last week / this week? (Skip this question if your scale does not track muscle mass. You can record this as a % or in pounds, whichever you prefer.)

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18. What was your BMI (body mass index) last week / this week? (Skip this question if your scale does not track BMI.)

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19. What was your chest measurement last week / this week? (Measure at nipple height.)

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20. What was your waist measurement last week / this week? (measure at belly button level.)

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21. What was your UPPER waist measurement last week / this week? (measure just below the chest at the narrowest point across.)

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22. What was your RIGHT arm measurement last week / this week? (measure on the upper arm at the widest point.)

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23. What was your LEFT arm measurement last week / this week? (measure on the upper arm at the widest point.)

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24. What was your RIGHT thigh measurement last week / this week? (measure on the upper thigh at the widest point.)

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25. What was your LEFT thigh measurement last week / this week? (measure on the upper thigh at the widest point.)

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26. What was your hips measurement last week / this week? (measure around the widest part of your lower stomach and widest part of your hip bones.)

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27. What was your butt measurement last week / this week? (measure around the widest part of the buttocks.)

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28. Are most of your measurements going up or going down?

**Mark only one oval.**

up

down

staying the same

29. Sometimes your weight goes up or stays the same and your fat % and measurements go down. This is why it is always good to measure. What do you think about your results for the week? Do the results reflect your nutrition and training efforts?

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30. I took accountability pictures from the front, side, and back for my records OR via an app. (You don't need to upload these here. Keep them for yourself to compare or upload to the WTP app <if applicable>)

*Mark only one oval.*

Yes

No

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