

Monthly Accountability Form

NUTRITION



1. How often did you eat 'on plan' this month?

Mark only one oval.

100%

75%

50%

25%

0%

2. Did you run into any situations this month that made it hard to stay on your nutritional plan? If yes, describe how you mastered the situation or how you will take care to overcome the situation next month / next time.

TRAINING



3. How dedicated were you to your training plan this month?

Mark only one oval.

- Gold star - I didn't miss a single training session.
- Silver star - I got most of my training in.
- Bronze star - I hit about 50% of my training sessions.
- Copper star - I got in about 25% of my training sessions.
- Goose egg - I didn't do any training this month.

4. How dedicated were you to your cardio health this month?

Mark only one oval.

- Gold star - I didn't miss a single training session.
- Silver star - I got most of my cardio in.
- Bronze star - I hit about 50% of my cardio sessions.
- Copper star - I got in about 25% of my cardio sessions.
- Goose egg - I didn't do any cardio this month.

5. If you did extra cardio or training this month, what kinds of activities did you do and about how much did you do?

ACCOUNTABILITY



6. Has anything happened this month in your personal life that has affected you?

7. If your personal life has been getting in the way of your health and wellness pursuits, how will you adjust to overcome these next month?

8. Is there anything you'd like to change for next month?



9. What is today's date?

Example: January 7, 2019

10. How has your weight changed over the course of the month?

11. How has your body fat changed over the course of this month? (Skip this question if your scale does not track body fat. You can record this as a % or in pounds, whichever you prefer.)

12. How has your muscle mass changed over the course of this month? (Skip this question if your scale does not track muscle mass. You can record this as a % or in pounds, whichever you prefer.)

13. How has your BMI changed over the course of this month? (Skip this question if your scale does not track BMI.)

14. How has your chest measurement changed over the course of this month? (Measure at nipple height.)

15. How has your waist measurement changed over the course of this month? (measure at belly button level.)

16. How has your UPPER waist measurement changed over the course of this month?(measure just below the chest at the narrowest point across.)

17. How has your RIGHT arm measurement changed over the course of this month?(measure on the upper arm at the widest point.)

18. How has your LEFT arm measurement changed over the course of this month?(measure on the upper arm at the widest point.)

19. How has your RIGHT thigh measurement changed over the course of this month? (measure on the upper thigh at the widest point.)

20. How has your LEFT thigh measurement changed over the course of this month?(measure on the upper thigh at the widest point.)

21. How has your hips measurement changed over the course of this month? (measure around the widest part of your lower stomach and widest part of your hip bones.)

22. How has your butt measurement changed over the course of this month? (measure around the widest part of the buttocks.)

23. Have most of your measurements gone up or gone down this month?

Mark only one oval.

up

down

staying the same

24. Sometimes your weight goes up or stays the same and your fat % and measurements go down. This usually means you're gaining muscle. Sometimes your weight goes down and your muscle mass goes down too. This can mean you're under-training / or under-eating. Or both. (It could also mean your scale isn't very good, so just stick to the plan and see what happens.) It could be that nothing is happening. In this case, we'd strongly recommend closely measuring your nutrition next month because you may be getting more calories than you think. What do you think about your results for the month? Do the results reflect your nutrition and training efforts?

25. Can you see changes happening in your accountability photos? If not, is it because you weren't accountable to the program or for another reason?

Mark only one oval.

Yes

No

26. Is there anything overall that you plan to change for the upcoming month?

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