

KETTLEBELLEBODY GOAL GETTING WORKBOOK

Please complete these exercises every 4 weeks to keep you on track!

1. Take your vital statistics and log them all in the record sheet: Use a tape-measure to measure the relevant body parts as listed in the sheet.

You should also take pictures: front, side and rear view, full body. Awful as it might seem right now, when you have lost inches and body fat, looking at the difference in pictures can be really inspiring!

Also take a note of your weight (first thing in the morning, after going to the loo, before eating or drinking anything, and make sure you use the scales you will continue to use ongoing) **BUT DO NOT WORRY ABOUT THE SCALES!** Inches / size is way more important - the scales tell a very small story and not a very accurate one!

This is to be done each month, to track progress!

You can do this on paper using the sheets given in this pack.

2. For added accountability you can email me your stats and pics - and when you get amazing results we can feature you as a success story on the blog!
3. Think about what your goals are. Use the Goal Setting worksheet and have a really good think about what you want to achieve and why, and how much you are prepared to put in to get there. This is really important: if you realise the cost is just too much, don't fret, just adjust your goals accordingly! However, hopefully you will realise how important and exciting your goals are, and this will inspire you to take the required action, and realise it's not so hard, and it's very possible!
4. Based on the goals you have set, and once you have read the Nutrition Guide carefully, list the major actions you are going to be taking, in your Action Plan worksheet. This is about taking responsibility for your goals and your actions, and also about appreciating that some of the stuff you will need to do will be a challenge - but that it is worth it for the end result!
5. Use your goals and action plans to create your powerful intentions. You will want to refer to these DAILY so post them up somewhere!
6. Based on the information learned in the Nutrition Guide, and using the Meal Planning guide that is in there, use the 7 Day Meal plan template to list the foods you are going to be eating for the next 7 days. You can do a new plan each week, or

simply repeat this plan for a few weeks if that is easier for you.

7. Write a shopping list of all you will need and get shopping!
8. It is also worth clearing out all the stuff you won't be needing! Check out the Nutrition Guide for things that aren't going to help you achieve your goals, and get rid! You may feel it is wasteful, but if you think of the cost of eating it, it is easier to justify! Psychologically and symbolically, this is an important step!
9. You can also contact me for a personalised food journal review (these are charged extra) or an online / Skype consultation to really get the nutrition side of things dialled, just email me: caroline.radway@gmail.com

GOAL GETTING WORKSHEET (MY GOALS CONTRACT!)

Name:

Date:

My 4 week goal is:

Why do you want to achieve it? Does it excite you? Scare you? Inspire you?

Some more reasons why - deeper reasons? Health not just fat loss?

List some actions you can take over the next 4-6 weeks to **MAKE IT HAPPEN!**

Are you prepared to pay the price and take the actions you need to achieve it?*

My 12 week / 3 month goal(s) is (are):

Why do you want to achieve it? Does it excite you? Scare you? Inspire you?

Some more reasons why - deeper reasons? Health not just fat loss?

List some actions you can take over the next 12 weeks to **MAKE IT HAPPEN!**

Are you prepared to pay the price and take the actions you need to achieve it?*

*If not, do you think you can break it down into smaller chunks / give yourself a longer timeframe? If you aren't prepared to take action then don't beat yourself up about it - change the goal to something you can see yourself achieving and go for that! Whatever size steps you feel you can take doesn't matter - so long as you are taking steps **FORWARD!** Better to have a small goal and move forwards towards it than no goal and spin your wheels - or move backwards!

SIGNED: _____ DATE: _____

MY ACTION PLAN TO (insert goal here) _____ !!!

Name:

Date:

TOP 5 THINGS YOU CAN DO IN THE NEXT 4 WEEKS TO ACHIEVE YOUR GOAL:

1.

Difficulty rating 1-10?
Benefits rating 1-10?
Worth committing to it?
Where to get support / advice?

2.

Difficulty rating 1-10?
Benefits rating 1-10?
Worth committing to it?
Where to get support / advice?

3.

Difficulty rating 1-10?
Benefits rating 1-10?
Worth committing to it?
Where to get support / advice?

4.

Difficulty rating 1-10?
Benefits rating 1-10?
Worth committing to it?
Where to get support / advice?

5.

Difficulty rating 1-10?
Benefits rating 1-10?
Worth committing to it?
Where to get support / advice?

SIGNED: _____

DATE: _____

INTENTIONS WORKSHEET

Intentions are one of the most important concepts to grasp to ensure your success on this programme. Intention refers to the purposeful declaration of your goals and the method by which you anticipate achieving them. Stating your intentions, clearly and specifically, will lead to greater focus of action and better results.

These combine your goals and action plan, helping you to translate them into the required action. INTENDING to do something is far more powerful than 'trying'.

Eg:

I intend to achieve my goal size for my wedding on October 30th 2010 and BANISH THE SCALES as a way to measure the result, using tape measure and clothes only!

I intend to perform 3 x bootcamp training sessions each week

I intend to do 20 mins of yoga 3 times each week.

I intend to eat clean 90% of the time - choosing my low grade items carefully and savouring them

I intend to drink 2-3 litres of water each day

I intend to be consistent with my supplements.

I intend to plan my meals so I am never caught short and don't get to a state of total hunger where I end up eating too much

I intend to get to bed at 10.30pm on schoolnights for 7-8 hours sleep!

I intend to question 'why' when I feel 'hungry' to identify if it is a stress or emotional hunger, and deal with the stress and emotion - breathing, distracting, taking a bath, drinking some herbal tea etc: putting my mind to better use!

I intend to attend all the coaching meetings and make sure I keep taking the upward spiral and making positive choices and tweaks.

I intend to take full responsibility for my actions and my results. Everything I choose to eat or drink is a choice and will directly influence my results.

I intend to focus on the positives and what I intend to achieve - visualising the result regularly and referring to these intentions daily.

You get the picture?! Do as many as you like!

MY INTENTIONS

I intend to _____

I intend to _____

I intend to _____

I intend to _____

I intend to _____

I intend to _____

I intend to _____

SIGNED: _____ DATE: _____

7 DAY MEAL PLAN:

Using the A* - C Foods List, and the Food Plan Template (in the Nutrition Guide)
Plan Your Meals for the Next 7 Days:

Monday:

Breakfast:

Snacks:

Lunch:

Dinner:

Tuesday:

Breakfast:

Snacks:

Lunch:

Dinner:

Wednesday:

Breakfast:

Snacks:

Lunch:

Dinner:

Thursday:

Breakfast:

Snacks:

Lunch:

Dinner:

7 DAY MEAL PLAN Contd:

Friday:

Breakfast:

Snacks:

Lunch:

Dinner:

Saturday:

Breakfast:

Snacks:

Lunch:

Dinner:

Sunday:

Breakfast:

Snacks:

Lunch:

Dinner:

NOTES:

e.g. Note pages that recipes are on, items you need to add to your shopping list etc.

Stats Log

	Before	Week 1	Week 2	Week 3	Week 4	Total	Notes
Weight lb / stone / kilos							
Weight on FBF scales (at meeting)?							
Waist narrowest (in)							
Hips widest (in)							
Navel - in line with belly button (in)							
Thigh gluteal fold - where leg meets bum! (in)							
Thigh mid-point, exactly half way (in)							
Calf - mid point (in)							
Arm - mid way (in)							
Bust (in)							
Chest (in)							
TAKEN PICS?							

Food Journal. Date:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake up time?							
Refreshed?							
Breakfast (note time)							
Optional Snack (note time)							
Lunch (note time)							
Optional Snack (note time)							
Dinner (note time)							
Total Water							
Bed time?							
How do you Feel? 1--10?							
Comments: hunger, stress, energy levels, mood etc...							