

COMPLIANCE : SPLURGE GRID!

Simply print a sheet per week and tick when you hit your goals for that meal (refer back to your nutrition phase guide for details). If you hit target, its a YES. If you don't then it's a NO. At the end of the week, total up and calculate your COMPLIANCE % for the week.

	MON	TUE	WED	THU	FRI	SAT	SUN
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							

Your COMPLIANCE % for the week: / meals = % on track (you will need a calculator!)

If you are hitting a consistent 90% then **WELL DONE!** That is your goal to get great results!

If you are between 80% & 90% you may be getting results, but getting nearer the 90% mark will have a much greater effect!

Under 80% you are likely to be maintaining. There are times in life where this can be the goal! So long as you don't expect to lose that is fine. Be honest with yourself and if you have a few weeks at under 80% you can expect to maintain. Follow it up with a few weeks of 90-95% compliance and things will get a boost!

If you hit 90 - 100% consistently and you are not getting the results you are after, then you firstly need to check you are not going over on portions and overall food. You also need to check you are not letting things slip 'under the radar' and giving a 'yes' to meals that are not up to scratch - re-read the nutrition plan! If you have truly hit a plateau on the current phase, then consider moving on to a stricter phase of the plan. You may need to be stricter in order to get results.

Food Logging Tips

- * Log all food eaten each day, including times, locations and how you feel (stressed, bored, tired etc...)
- * Don't forget to log all drinks and supplements.
- * This will ensure you stay accountable to yourself.
- * You can simply write it down in a text document or buy a hard back A5 page per day diary or notebook and log everything there (this is what I do).
- * Also use your food log to note down exercise and timings, and add any daily goals, affirmations or other relevant comments.
- * If you want to work out calories (in advanced stages or for an enlightening effect, to see how many you consume in a day - worth doing this occasionally to see how things add up!) then go to www.calorieking.com and download their software (you get a 7 day free trial so you can test a week. If you buy you have it forever, worth the investment.

