

Progress Evaluation

Name _____ Date _____

Progress evaluation is an important part of any lifestyle modification program. Taking the time to evaluate your progress, celebrate your successes, and look toward the future will go a long way in your lifestyle transformation journey. Not only does this progress report help you evaluate yourself, it allows you to offer feedback to your personal trainer, if you have one.

Height _____ Body Fat Percentage _____ Weight _____

Measurements:

Bust _____ Waist _____ Hips _____ Thigh _____ Arm _____

_____ inches lost in _____ weeks.

- 1) What success do you feel you are having with this program? What have you learned? What is the most important lifestyle change you have made so far?

- 2) What is not working or what would you like to see improve?

- 3) Describe your typical daily diet (food intake):

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Dessert

Other

4) Have you noticed an improvement in your food intake since beginning the program? _____

If yes, how so? If no, why do you think that is? _____

5) On a scale of 1 to 10, with 1 being the worst and 10 being the best, how do you rate your overall appearance today? _____

Is this different from when you began the program? If yes, how so? If no, why do you think that is?

6) What new discoveries have you made about yourself? _____

7) What are you hoping to discover in the near future? _____

8) On a scale of 1 to 10, with 1 being the lowest and 10 being the highest, how would you rate your progress in the following categories thus far:

a. _____ Lose fat

c. _____ Strengthen muscle

b. _____ Define muscle

- | | |
|---|--|
| d. _____ Improve cardiovascular endurance | o. _____ Creating Associations |
| e. _____ Gain more energy | p. _____ Self-Awareness |
| f. _____ Improve sleep | q. _____ Self-Monitoring |
| g. _____ Improve posture | r. _____ Empowerment |
| h. _____ Release stress | s. _____ Intrinsic (Internal) Motivation |
| i. _____ Improve medical-related concern | t. _____ Lifestyle Mentality |
| j. _____ Increase self-esteem | u. _____ Goal Planning |
| k. _____ Increase metabolism | v. _____ Creating Balance in Life |
| l. _____ Control blood pressure | w. _____ Handling Stress |
| m. _____ Improve mood | x. _____ Other: |
| n. _____ Food Attitude | _____ |

What areas would you like to work on more? _____

9) Step back and take a look at your progress objectively (as if you were not you). On a scale of 1 to 10, with 1 being the lowest and 10 being the highest, how would you rate your efforts and performance as a fitness student? _____

10) Using the same scale, rate your trainer's performance as a weight loss coach/ fitness trainer. _____

11) Are your expectations of working with a trainer currently being met? _____

What would make your experience of working with a trainer more successful? _____

12) Do you have any other questions, comments and/or concerns you would like to share?

Let us know how you're doing. Follow and tag us on Twitter,
@TweetmentPlan for questions, comments and progress photos!