

Goal Tracker

The more often you see something in your mind's eye, the more quickly you'll reach it. The more intensely you see it, the more surely and completely you will attain it. Fill your mind with positive images. And soon your life will be filled with positive results.

My Goal is.... (Be very specific)	
My reason for this goal	
Steps I'll take	
Potential Obstacles	
Solutions to Obstacles	
Who will help me	
When I'll start	
When I'll meet my goal	
How I'll reward myself for making progress toward my goal	

Fat Loss Tracker

Today's Date: _____ Starting Weight: _____ Goal Weight: _____	Bodyfat %: _____
Today's Date: _____ Starting Weight: _____ Weight Difference: _____	Bodyfat %: _____ Difference from last week (last week minus this week): _____
Today's Date: _____ Starting Weight: _____ Weight Difference: _____	Bodyfat %: _____ Difference from last week (last week minus this week): _____
Today's Date: _____ Starting Weight: _____ Weight Difference: _____	Bodyfat %: _____ Difference from last week (last week minus this week): _____
Today's Date: _____ Starting Weight: _____ Weight Difference: _____	Bodyfat %: _____ Difference from last week (last week minus this week): _____
Today's Date: _____ Starting Weight: _____ Weight Difference: _____	Bodyfat %: _____ Difference from last week (last week minus this week): _____
Total weight difference (first week minus final week)	Total Bodyfat % difference

Class Success Tracker

	Tuesday	Attended	Thursday	Attended
Week One	<input type="checkbox"/> I planned my meals for the week	<input type="checkbox"/> Bootcamp	<input type="checkbox"/> I'm following my meal plan <input type="checkbox"/> I have a plan for this weekend	<input type="checkbox"/> Bootcamp
Week Two	<input type="checkbox"/> I planned my meals for the week <input type="checkbox"/> I ate supportively over the weekend	<input type="checkbox"/> Bootcamp	<input type="checkbox"/> I'm following my meal plan <input type="checkbox"/> I've made time for 2 workouts	<input type="checkbox"/> Bootcamp
Week Three	<input type="checkbox"/> I planned my meals for the week <input type="checkbox"/> I ate supportively over the weekend <input type="checkbox"/> I did my extra workout at least twice	<input type="checkbox"/> Bootcamp	<input type="checkbox"/> I'm following my meal plan <input type="checkbox"/> I've made time for 2 workouts <input type="checkbox"/> I've planned a fun activity	<input type="checkbox"/> Bootcamp
Week Four	<input type="checkbox"/> I planned my meals for the week <input type="checkbox"/> I ate supportively over the weekend <input type="checkbox"/> I did my extra workout at least twice <input type="checkbox"/> I did a fun activity with family/friend	<input type="checkbox"/> Bootcamp	<input type="checkbox"/> I'm following my meal plan <input type="checkbox"/> I've made time for 2 workouts <input type="checkbox"/> I have a plan for this weekend <input type="checkbox"/> I'm recommitting to the program	<input type="checkbox"/> Bootcamp
Week Five	<input type="checkbox"/> I planned my meals for the week <input type="checkbox"/> I ate supportively over the weekend <input type="checkbox"/> I did my extra workout at least twice <input type="checkbox"/> I recommitting to the program	<input type="checkbox"/> Bootcamp	<input type="checkbox"/> I'm following my meal plan <input type="checkbox"/> I've made time for 2 workouts <input type="checkbox"/> I have a plan for this weekend <input type="checkbox"/> I've planned a fun activity	<input type="checkbox"/> Bootcamp
Week Six	<input type="checkbox"/> I planned my meals for the week <input type="checkbox"/> I ate supportively over the weekend <input type="checkbox"/> I did my extra workout at least twice <input type="checkbox"/> I had a fun time moving in an activity	<input type="checkbox"/> Bootcamp	<input type="checkbox"/> I'm following my meal plan <input type="checkbox"/> I've made time for 2 workouts <input type="checkbox"/> I have a plan for this weekend <input type="checkbox"/> I'm recommitting to the program	<input type="checkbox"/> Bootcamp

Congratulations and Welcome to *THE* turning point in your life!

Imagine waking up 12-weeks from now, looking in the mirror and actually being amazed about what you see! You absolutely do have the ability to be in an entirely different body. From this moment on, you can expect that your mind, body and quality of life will only improve.

Making a commitment to follow the LeanBody Bootcamp program guarantees the surest path to your ultimate fitness goals. In just 6 weeks, you will begin to see and feel dramatic changes with your body, and not just the obvious physical changes, you will also notice the psychological and physiological changes as well. Expect a decreased body fat percentage, increased lean muscle mass, increased metabolism, increased sense of well-being, an abundance of energy, lower bad and increased good cholesterol levels, decreased risk of heart disease, and the most important change of all... increased self-confidence.

Reaching your fitness goals will take effort and dedication. Throughout your transformation, you can depend on your Certified Fitness Professional to work with you every step of the way. You'll receive expert nutritional and fitness guidance, while being motivated and held accountable to stay focused as you progress through the program. However, it is important to realize that ultimately, only *you* have the ability to make sure you follow this program to the best of your ability in order to experience maximum results.

By following this complete, integrated program, along with the support of your Fitness Professional and your strong commitment to creating new and lasting habits for a fit and healthy lifestyle....**You can truly *Expect Success*.**

Guarantee your Success

Before you begin this life-changing journey, you must accept and live by the basic understanding that this course is built around the premise of “progress, not perfection.” By developing awareness that improvement is measured by your daily progress, you can save yourself a lot of grief and frustration from the get go. Simply focusing on small, positive steps in everything you do is a vital component to a permanent physical change. With time, commitment and a willingness to continue to take those small steps, failure is not an option.

The following steps will ensure that you receive the maximum benefit from your experiences. They will play an essential role in helping you achieve your goals of ultimate leanness and energy. Improvement will become apparent in a matter of weeks.

I will...

1. **Decide on what I want to achieve** – Have a clear vision of the end result. Close your eyes and visualize your ideal body. Picture exactly how you look, size and shape you are and how you feel.
2. **Know and feel my REASON** for wanting to achieve these particular results – Continue to ask yourself “why” until you elicit an emotional response.
3. **Believe I am capable and deserving** of reaching this goal – If others can do it, why can't you?
4. **Make this a priority** in my life, every day – “We do not set out to fail, we simply fail to plan” - Schedule workouts, schedule your meals, keep kitchen stocked...
5. **Start taking actions** that bring results – each day strive to do something a little better than the day before. “I am making progress if I am better today than I was yesterday” ~Dr. Wayne Dyer.
6. **Be grateful** - understand that the quickest way to achieve my goals is to be happy NOW. When you look to the future for your happiness, you can guarantee you'll never be happy. Focus on the present. Life shouldn't be something to be endured until the future arrives. Your present should be thrilling, exhilarating and inspiring.
7. **Be forgiving** - I will not beat myself up when I haven't done everything perfectly. If I slip, I will quickly return to my plan. I won't feel guilty, but will remain enthusiastic about the process and with myself.

You can begin, right now, by taking a different, more positive course of action. Allow this handbook to be your guide as you strengthen your commitment. Take a chance, have faith and proceed with confidence. You are about to become yet another success story; joining hundreds who have successfully learned how to eat, how to move and how to believe in themselves once again. They are experiencing the joy of living life to the fullest. So will you.

Setting Healthy Goals

The first step to achieving results is setting a realistic goal. No matter what the reason, successful and healthy weight management depends on sensible goals and expectations. If you set sensible goals for yourself, chances are you'll be more likely to meet them and have a better chance of managing your weight long term.

Setting healthy goals at the start of an ongoing program can help you change and improve your physical activity and eating habits. To set goals that are right for you, think about what you want to change and why, and what steps you can take to reach your goal. These changes don't have to be big. Even small steps can make a difference. Also, think about who can help you, and how you'll reward yourself for making these changes.

5 Steps to Setting Goals

Make a choice - Look at your body, your quality of life. What do you really want to have?

Be specific - Leave no detail left behind.

Find Your Reason – Now that you know what you want to change, ask yourself WHY?

Form your plan – What is it going to take to get there? What are you going to have to do?

Take action - Do you know what the number one cause of failure is in most people's lives? Never taking action. We develop these comfort zones and become afraid to step out of those boundaries and really go after our goals. We know that we must change; we know that we have to follow our plan to be happy, but seldom do. Do not let your written plan of action go to waste. Start immediately on working towards your goals!

Your Fitness Professional will guide you in completing your Goal Tracker Sheet during session one. Realistic expectations are based on the fact that – safe and long term weight loss is 1-2 pounds of fat per week, 2-3 months to drop one size or 2 inches off a belt size.

Complete...All actions start with a change -- no matter how small. This is the first step toward making that change: an inventory of exactly how you really feel about losing weight and exactly what you are willing (and in many cases, not willing) to do.

1. List 3 Things you want to change about your body.

2. Why is this so important to you? What is your Reason?

3. IDENTIFY: List the habits or actions that have contributed to why your body is the way it is today. (What are you doing right now that allows you to keep this body?)

4. List 3 things you could do right now that will make a difference today (an action, no matter how small, that will bring you closer to your goal).

5. List at least 2 things that you are giving up by not being more fit or having a body you can be happy in. What is it costing you? (If you're really ambitious and want some extra credit, try tackling this one as well: What do you gain by keeping things the way they are? What's the hidden payoff?)

What gets Measured, Gets Managed

One of the most powerful ways you learn is from yourself, keeping a journal will teach you more about you than any book you read or course you take. Many people are unaware of their unsupportive habits. Denial and vague ideas are of no use in the process of achieving results. You need to be in control of the way you eat and move and all the variables and you can't control something you've never measured! ENTER – The Fitness Journal

Your goal is to keep a journal for at least 3 days. You get to choose three days that are a typical representation of your general eating and exercise habits (one work day, one training day, and one weekend day, for example) and on those days record everything you eat and the workouts that you perform. There are two reasons do this as soon as you get started.

One, you need to see how “off” your nutrition is. Two, you to see how “off” your nutrition is. Even if you don't record your foods accurately, you'll have to make a conscious choice to guess or omit – which is an admission to yourself (though not to your Fitness Professional) that your nutrition and exercise habits need improvement.

It is inevitable that there will be some of you who are simply lazy and forget to record, while still others are so deep in denial that they'll lie outright with no regrets. For both types, sticking to an integrated fitness program will be either extremely difficult or impossible. For most people, journals are excellent motivational tool and will help them commit to new, supportive habits.

FYI: Tracking your daily food intake and exercise habits is a great way to take action and prove to yourself that you are serious about your achieving your goals! Don't worry about the occasional setback – you are only human! Instead of giving up entirely, simply start fresh the next day. Make an effort to do better than you did the day before. Keep in mind that lifestyle changes won't happen overnight. Be patient, make small changes and gradually add new supportive habits.

Journal Guidelines:

Time: Write the time of day you ate the food.

What kind: Write down the type of food you ate. Be as specific as you can. Don't forget the "extras," such as soda pop, salad dressing, mayonnaise, butter, sour cream, sugar and ketchup.

How much: Record the amount and calories of the particular food item you ate. If you didn't measure it, compare it to the size of your hand: a fist is approximately 1 cup, a cupped palm= ½ cup, a pinky=1 ounce, size and width of palm= 3 ounces.

Where: Write what room or part of the house you were in when you ate. If you ate in a restaurant, fast-food chain or your car, write that location down.

Helpful Hints:

1. Be Honest. There's nothing to be gained by trying to look good in your journal. Your Fit Pro can help only if you record what you really eat.
2. Record what you eat each day. Keep your journal with you all day, and write down everything you eat or drink. (Notecards work great.)
3. Do it now. Don't depend on your memory at the end of the day. Record your eating as you go. Be Specific. Make sure you include "extras," such as gravy on your meat or cheese on your vegetables.

By keeping records of your past, you will shape your future. See something you like in your past? Work to replicate it. See something you don't like? Work to re-shape it.

The Five Factors of Fat Loss

- ✓ Supportive Nutrition
- ✓ Sensible Supplementation
- ✓ Resistance Training
- ✓ Smart Cardio
- ✓ Personal Assistance

Traditional fitness programs isolate only one or two factors. The truth is **all factors MUST be in place in order to bring about a lasting, positive physical change.** If any one factor is neglected or missing, the program will fail to produce results. You are already gaining insight into exactly what you need to do and why you need to do it in order to achieve your ultimate fitness goals. Not only will your body transform, but you will also develop a better understanding how your body works. With LeanBody Bootcamps, you will learn how to make wise, informed choices around a balanced nutrition and exercise program. In the process you will be able to replace unsupportive habits and develop a new outlook how to take complete control over how your body looks and feels and achieve a consistent, long-term fit and healthy lifestyle.