

21 Day “Steps To Success” Checklist

Step 1: Complete Your First Month Goal Assessment Worksheet

Date Completed: _____

Step 2: Record Your Beginning Measurements

Bodyweight: _____

Waist Measurement: _____

Date Completed: _____

Step 3: Talk To Someone Significant About Your Goals

Name of person you spoke with about your goals: _____

Date Completed: _____

Step 4: Train Every Day You Are Scheduled

Did I train every day I was scheduled? (circle)

Week 1: Y / N Number of days: _____

Week 2: Y / N Number of days: _____

Week 3: Y / N Number of days: _____

Step 5: Complete Nutrition Logs Every Day For 21 Days

Week 1: Days Completed: (circle) 1 2 3 4 5 6 7

Week 2: Days Completed: (circle) 1 2 3 4 5 6 7

Week 3: Days Completed: (circle) 1 2 3 4 5 6 7

Step 6: Complete The “Carbohydrate Changeover”

Week 1: Change Completed: (circle) Y / N Date: _____

Week 2: Change Completed: (circle) Y / N Date: _____

Week 3: Change Completed: (circle) Y / N Date: _____

Step 7: Maintain Nutrition Compliance

Week 1: Compliance %: _____ Date: _____

Week 2: Compliance %: _____ Date: _____

Week 3: Compliance %: _____ Date: _____

Step 8: Perform Non-Training Day Activities

Week 1: Days Completed: (circle) 1 2 3

Week 2: Days Completed: (circle) 1 2 3

Week 3: Days Completed: (circle) 1 2 3