



# Mid~Way Checking in

## Remember the Quick Start Worksheet from week 1?



A lot can change in 6 weeks. Habits, body composition, sleep quality, nutrition, and especially our energy and how we feel about ourselves.

Print your worksheet out, give yourself 15 minutes to complete.

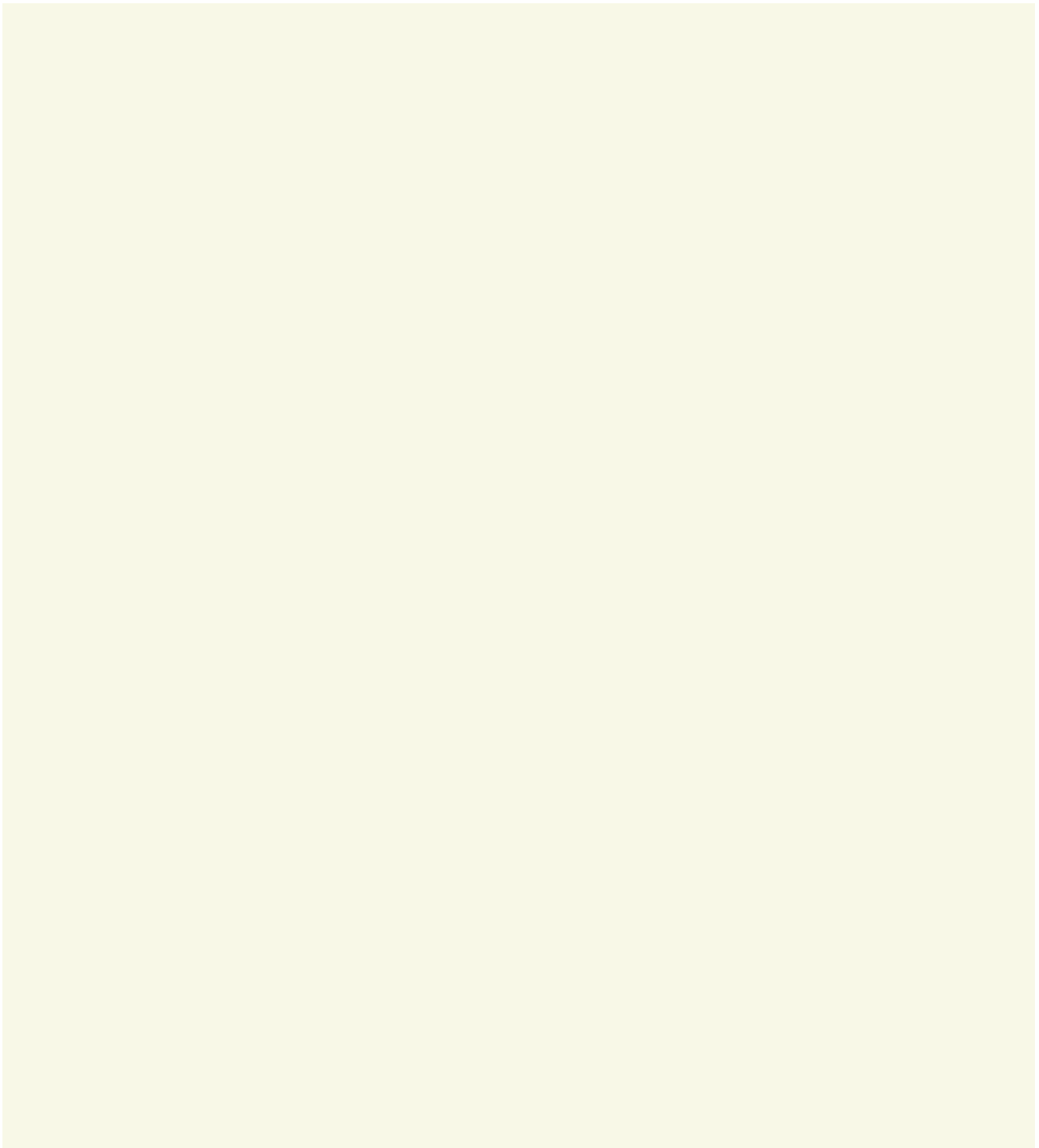
Go find your soft tape measure, if your measurements haven't changed do NOT let that slow you down. Often it's the internal stuff that changes first.

**Habits. Thoughts. Goals. Sleep.**

# Mid~Way Checking In

## **Are your goals still on track?**

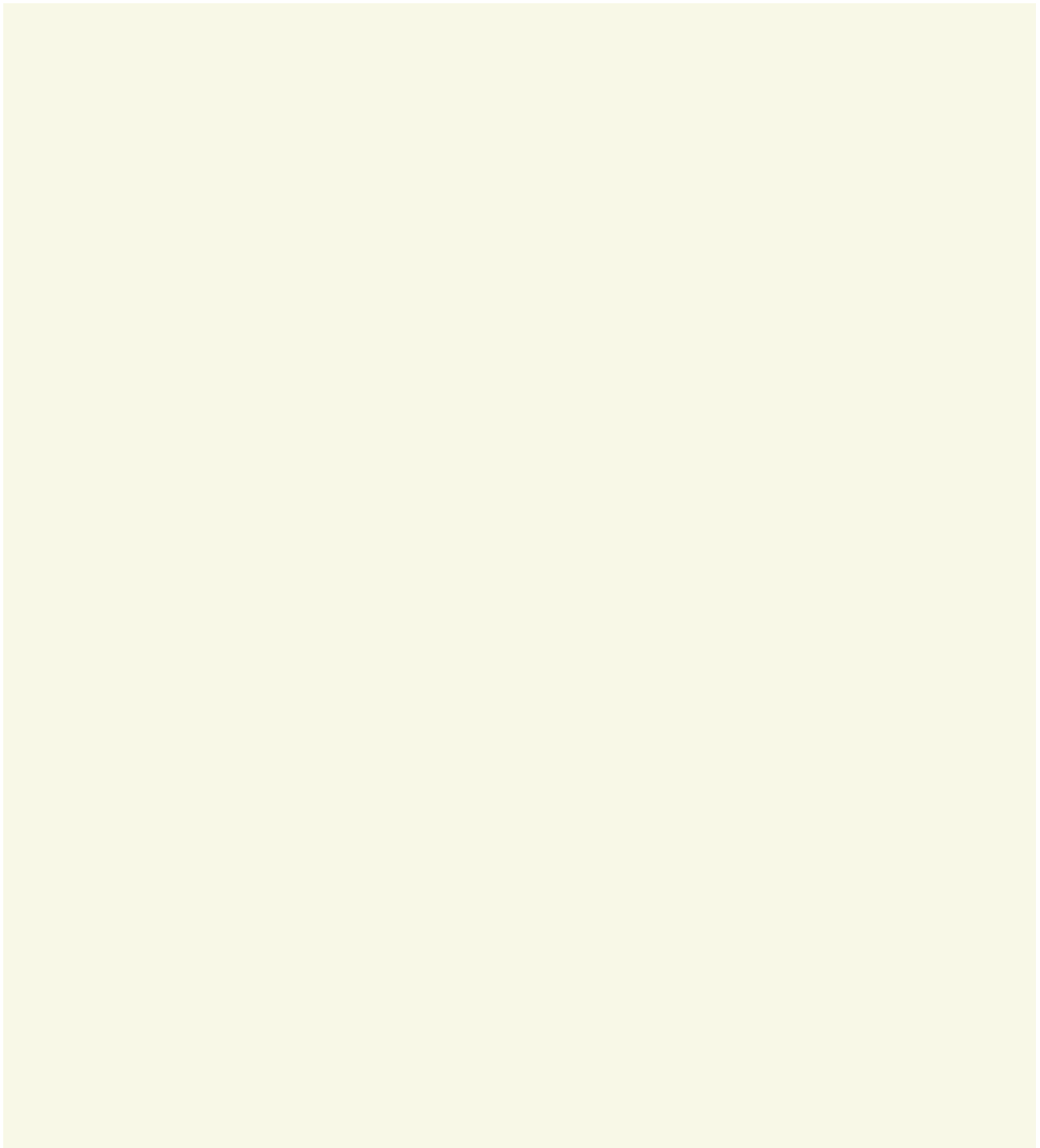
How have your goals, desires, commitments changed from week 1? Have you planned any adventures? Where are you going? What new activities are you doing?



# Mid~Way Checking In

## **Are your goals still on track?**

How are you feeling? What are the words and feelings that describe what fitness means to you now? Are you feeling stronger, freer, more fit? Better energy?



# Mid~Way Checking In

## Baseline Measurements

Start date:

6-week check-in

Waist – smallest point

Waist – at belly button

Bicep – elbow at 90 degrees

How many hours do you sleep?

Other

Waist – smallest point

Waist – at belly button

Bicep – elbow at 90 degrees

How many hours do you sleep?

Other

# Mid~Way Checking In

## Food, Water & Supplements

What have you changed around your food, water and nutrition habits?

Have you added supplements to your daily routine?

Have you increased your water intake? Decreased wine, beer, poor food choices?


# Mid~Way Checking In

## Habits

When you are triggered or tired, what is your go-to food, snack or drink? Is this a problem?

What habits would you like to change or add to your routine?

How do you feel about your body, health and fitness at this moment, and why?



*At this point in your fitness  
journey, has willpower  
become a thing of the past?  
I'm betting so!*

*Kelly*