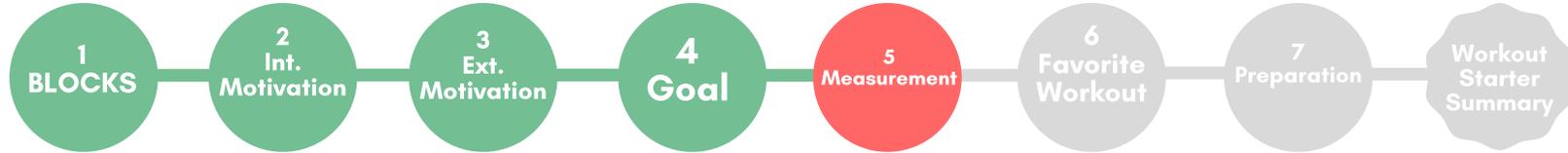


DAY 5. WHAT TO MEASURE?



Measuring results is just as important as all the other steps, but very often missed out. It helps you stay motivated and reach your goals. Daily/weekly or monthly measurement of results will help you realize if you are moving where you want to go or maybe doing something wrong if your progress is not improving.

Different outcomes can be measured depending on what is important to you and what you want to achieve. The key is to make measurement a routine, even if you get the same result as in the previous workout. It doesn't matter - it's still important to note it.

When measuring results, you can learn the following about yourself:

- ✓ Do you really like the activity you chose? (Measure your mood and feelings)
- ✓ Are you doing your workouts correctly? (Measure whether results improve or get worse)
- ✓ What are the benefits of training? (Measure weight loss, shape improvement, better mood, etc.)
- ✓ How do other areas of life improve? (Measure success at work or sleep patterns)

If you keep track of certain indicators, you can learn a lot about yourself and your workouts. And this is what can help you improve your workouts or avoid the wrong ones.



WHAT CAN BE MEASURED

- ◆ Hours - how much time did you spend doing workout?
- ◆ Kilometers - how much distance did you cover during your workout?
- ◆ Body measurement - how has body shape changed?
- ◆ Steps - How many steps did you take per day/workout?
- ◆ Feelings, emotions - What did you experience before/during/after the workout? How was your mood? How much strength did you have? What was your attitude? What kind of thoughts did you have?
- ◆ Energy level - How much energy was generated after the workout (can be evaluated on a 10-point system)
- ◆ Number of times - How many times a day / week / month do you exercise?
- ◆ Photo/video - Use these to capture changes in appearance or technique





Each person is different, so everyone should choose how or what to measure depending on their goals. For example, it will be important for one person to measure how many times a week they have exercised or how many hours (or the number of workouts). Others may measure what activities they have done per week. Others may track weight or visual body image.

Also, don't forget things such as well-being, thoughts, or energy level. If you want to change or improve your diet, it is also worth keeping track of your daily water intake and the amount of vegetables you eat. You can use apps for this or do it manually.

After a week or a month, it's worth evaluating your results to see if things are moving in the right direction or if you need to change something.



TASK 1. MEASUREMENT OF RESULTS

The purpose of this exercise is to clearly define what you will measure after each workout

Measuring will help you see if you are moving towards your goal or not.
Choose the most important things in a drop down menu in Workbook

EXAMPLE

Measurement List

Steps

Hours

Feelings/Emotions

Will do Photos/Videos



TASK 2. MY CURRENT DATA

Write down the most important measurements concerning your current state. In the photo and video section, include the link where you will put all the photos and videos of your progress

EXAMPLE

My Current Data

Body Measurement	75kg/165lb
How active am I at the moment?	Doing nothing
How do I feel at the moment? (energy and mood level)	Energy 1, Mood 4 (10points system)
Photo/Video	Link to Photo/Video Folder

*Use WSP Workbook



TASK 3. EXERCISE FOR 25 MINUTES

The purpose of this exercise is to add five minutes more to yesterday's workout

Keep doing what you chose to do yesterday.

This time, after your workout, try to measure results: steps, kilometres, mood, etc. (choose what is most important to you)