

BE STRONG

Eat. Move. Live

THE KNOWLEDGE

LIFE-CHANGING TIPS AND TRICKS TO KEEP YOU FOCUSED

This week's focus: How and why we measure our progress and success

Why is it important?: Regularly measuring our progress and success allows us to judge how we are doing in line with our expectations, celebrate our wins, assess whether we need to adjust our plans or our goals and most importantly maintain our motivation and keep moving forward. It is important to know exactly where we are on our journey at all times, whatever your goal is, so that we can adjust our course and trajectory to keep us moving in the right direction. Even when we don't achieve what we hoped, there are still things to celebrate. Success breeds confidence, which in turn breeds motivation, which in turn breeds more success.

What will we tell you?: How we measure our progress and success against our plans and goals and use the results of these checks to our advantage.

1	Confidence Boost – When we check in with our progress regularly and see how far away we are from our goals, it gives us the impetus and motivation to keep going. It gives us self-belief that we can really achieve what we set out to.
2	If you have a written plan (and we recommend that you do), it is important to write into your plan how you will measure your success. If a goal is weight loss – your checks and balances would be measuring your calorie intake each day, and getting weighed each week. If your goal is around physical activity, your checks and balances would be ticking off those training sessions, and reflecting on how well you thought each one went. In both scenarios it is then beneficial to ask yourself, is there anything you can do better or differently?
3	Measure your success through things other than the scales: progress photos, measuring different parts of your body, changes in how your clothes fit, body composition (if your scales are fancy enough), improvements in your fitness, changes in health statistics – BP, pulse, blood sugar levels. The scales only tell one very small part of the story.
4	Get to know your data in your weight tracker, water tracker, 5-a-day tracker and steps tracker – use this data to celebrate where you are winning. If you have a smart watch, use it to achieve mini goals every single day. Use it to boost your confidence and self-esteem.
5	If your checks and measures show that you aren't achieving what is expected, use the information positively to make some tweaks to the plan – don't keep on 'not achieving'. Reflect on your performance and turn negatives into positives. Every event is an opportunity for learning and improvement - look for ways to do it better. Ask for help, if you are stuck for ideas on where to go next and what to do.

KEY MESSAGES

Measuring our progress and success is another way in which we remain accountable to ourselves and our goals. It can help us to stay on track, get back on track when we need a shake up, build our self-confidence and belief and keep our motivation levels up. Make sure you check in regularly with your 'data', then reflect on your performance, to see where you are up to, celebrate your wins and look for improvements, turn negatives into positives and keep moving forward.