

boodi

transformation | TRACKER  
Success Journal



The philosophy behind this Journal:

From my experience in the fitness industry there has been a major missing link in the way many people go about fat-loss. And this is accountability. As much as we may think we have this nailed, we most often miss the point. As an individual you need to ensure the process of fat-loss is carefully **planned**, has adequate **preparation**, is thoroughly **recorded** and critically **reviewed**. BUT the biggest catch which we don't often think about is **peer-review**. Peer-review is actually the most important aspect of accountability and fat-loss and that's where your Fat-Loss Bodi Transformer experts come in!

Please ensure you go through this journal with your personal trainer and bring it in with you to EVERY SESSION for them to peer-review your progress.

The Journal itself is essentially a progress diary. It is the planning, preparing, recording and reviewing (PPRR) of YOUR fat-loss transformation. Therefore, it makes sense that a journal is what you need to be using to lose fat and transform!

The reason why this works? The commitment we make to ourselves to record everything we eat minimizes or even eliminates those tricks our minds can play on us. Unless we step back from our eating habits and heavily scrutinize, what is actually going on here? We will forever struggle with fat-loss.

I have made this Journal for your transformation success. In it I have included:

- Tracker forms for you to visually PLAN, PREPARE, RECORD and REVIEW your nutrition and training progress.
- Worksheets to supplement your understanding of each step of your Faster Fat-Loss body transformation.



Marcus Steward

(Head Fat-Loss expert and Bodi Transformer)

# Daily Nutrition Tracker Form

Day: \_\_\_\_\_ Date: \_\_\_\_\_

Before your day begins, plan your meals			After each meal	
	What did the meal consist of?	Time of Day	Were the portions right?	How do you feel after eating this meal?
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Healthy Fluids/Water (250ml) Please circle: 1 2 3 4 5 6 7 8 9 10				

Notes:

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USE THESE WORKSHEETS ALONG SIDE THE VIDEOS ON FASTERFATLOSSFORMULA.COM (FOLLOW THE LINKS)

## STEP 1: WORKSHEET: Setting Goals to Gain Motivation

Content Link: <http://www.fasterfatlossformula.com/members-home/step-1/>

The main reasons for making the decision to transform are:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Feelings I have been experiencing in the last days, weeks or months to influence my decision to transform are:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Ways of thinking or beliefs which may have limited my ability to change in the past are:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

How I would describe my physical status at present:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Three changes I will have made that show I'm more aware of what's truly important to me are:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Looking forward, # weeks from now, the three most predominant inner feelings which describe what I'll be experiencing are:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Three new patterns of thinking or beliefs which expand my ability to make healthy changes for the better will be:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Three relevant statements which will describe the new and improved condition of my body in # weeks from now are:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

## **STEP 2 WORKSHEET:** Ditch the Diets and Deprivation Methods!

Content Link: <http://www.fasterfatlossformula.com/members-home/step-2/>

## **STEP 3 WORKSHEET:** Individualize your Fat-Loss, AM I aiming to lose too much?!

Content Link: <http://www.fasterfatlossformula.com/members-home/step-2/>

## **STEP 4 WORKSHEET:** Understanding your body type, remove all excuses!

Content Link: <http://www.fasterfatlossformula.com/members-home/step-2/>

## **STEP 5 WORKSHEET:** How many Calories do I really Need?

Content Link: <http://www.fasterfatlossformula.com/members-home/step-2/>

## **STEP 6 WORKSHEET:** The Secret to a Fast Metabolism

Content Link: <http://www.fasterfatlossformula.com/members-home/step-2/>

## **STEP 7 WORKSHEET:** How do I burn the Fat?

Content Link: <http://www.fasterfatlossformula.com/members-home/step-2/>

## **STEP 8 WORKSHEET:** Why is Cardio and Diet not enough?!

Content Link: <http://www.fasterfatlossformula.com/members-home/step-2/>

## **STEP 9 WORKSHEET:** Planning, Preparing, Recording, Reviewing my progress

Content Link: <http://www.fasterfatlossformula.com/members-home/step-2/>

## **STEP 10 WORKSHEET:** Using the Success Journal. A tutorial.

Content Link: <http://www.fasterfatlossformula.com/members-home/step-2/>