

# CONSISTENCY TRACKER



GAY MAN'S COACHING

## HOW TO USE THE TRACKER

Consistency and sustainability are two of the pillars to success, especially when it comes to your fitness goals.

To help you with consistency i've put together a printout that you can use to track your progress day to day and month to month.

## EACH MONTH YOU HAVE 28 OPPORTUNITIES TO TRANSFORM YOUR HEALTH AND PHYSIQUE

Every day you get 1 point for reaching your target for each of the following:



Slept for 7+ hours the night before.



Followed your plan and hit your macros - if you've been told to track them.



Drank a minimum of 1L per 25kg of your weight.



Hit your step target for the day.



Completed any training session you had scheduled (inc all sets and reps of each exercise and logged your weights)

- Print off the tracker every 28 days to track your progress.
- Fill in the start date and your previous tracker score.
- Fill in your targets for sleep, steps and daily water intake for the next 28 days.
- Each day, tick the 5 symbols in each box as you achieve them. Score yourself out of 5 each day and out of 35 each week.
- The best possible score throughout the whole 28 days is 140 points.
- Reference the tracker in your check-in.

### Challenge yourself

You should be aiming to build up streaks and beat your score week after week, month after month.

### Don't give up!

If you have a day where you don't hit a target or even a few, look to jump straight back on the horse the next day. You can still get a good score for the week/month.

**I CAN GUARANTEE THAT IF YOU HAVE MORE SYMBOLS TICKED THAN NOT, YOU WILL BEGIN TO SEE PROGRESS.**

# CONSISTENCY TRACKER

## MY TARGETS

Daily Calorie Target (if applicable): \_\_\_\_\_ kcal

Start Date: \_\_\_\_\_

Daily Steps: \_\_\_\_\_ Steps

Previous Tracker Score: \_\_\_\_\_ /140

Daily Water Intake: \_\_\_\_\_ Litres

### SYMBOL KEY:



SLEEP



DIET



WATER



STEPS



TRAINING

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1				
2				
3				
4				
5				
6				
7				
<b>WEEK TOTAL:</b>	<b>/35</b>	<b>WEEK TOTAL: /35</b>	<b>WEEK TOTAL: /35</b>	<b>WEEK TOTAL: /35</b>
<b>MY MONTH TOTAL:</b>	<b>/140</b>		<b>DID YOU BEAT LAST TRACKER?</b>	<b>YES / NO</b>

