



10 Day Fat Loss Kickstart Initial Assessment

Everything you need is in the video on Facebook.

Of course we know that not all of you have the time to consume the video in full so there are three ways to consume the content.

1. The notes in the Facebook post.
2. The Facebook video itself
3. This short PDF guide below

In this guide you'll complete the initial assessment which will help you quantitatively measure your progress over the next 10 days.

1. Defined goal

One of the most important factors of success is **having a clear goal** and understanding the reasons **why** we want to achieve this goal.

Every day we need to be sure that what we're doing with our nutrition and training, what our targets are for this week are supporting us to achieve the ultimate goal. We need absolute clarity on this.

When we're incredibly clear on what we're doing and why we're doing it, we're confident in the approach and can actually start to sit back and enjoy the process.

How much clarity do you currently have in your fitness journey?

STRUGGLING (1-3)

You've tried and failed with a lot of programmes in the past before, adding to your frustration and confusion. You're no longer sure what works, what doesn't or what you even want out of fitness. You desperately need some clarity and direction.



10 Day Fat Loss Kickstart Initial Assessment

STRONG (4-7)

You have a solid understanding of fitness and nutrition. You know what you need to do and you have periods of time where you're motivated and consistent but these come and go. You're often derailed by programme hopping, social life, work and family commitments. You've never really achieved and maintained the results you want despite effort and time.

UNSTOPPABLE (8-10)

You have a plan that is working and you're seeing results every week. You know what needs to happen to reach your goal and, in general, you're very consistent. You likely coach yourself and the next opportunity for improvement is hiring a coach or seeking external help to refine and improve your current plan.

Defined goal score: /10

2. Confidence

This one is simple.

We all have long term goals that we want to eventually reach.

Maybe it's finally revealing our abs, getting bigger arms, maybe it's deadlifting a certain amount of weight, MAYBE it's protecting good health well into later life so that you can watch your kids grow old.

How confident are you, with what you know now and the path you're currently on that you'll eventually reach that goal?

STRUGGLING (1-3)

Your end goal feels like a million miles away. You don't really know what you want to achieve and don't feel like you have the tools in your locked to help you do that. You've started to blame things like time, kids, metabolism, age for your lack of confidence around this.



10 Day Fat Loss Kickstart Initial Assessment

STRONG (4-7)

You can see a way towards your end goal and can think about ways that this would be possible for you to achieve this. You might feel like you can make some progress but when you hit a plateau, you don't really know where to turn and are still doubtful about achieving your goal. You've never really come close to getting where you want to be and getting there would require changes.

UNSTOPPABLE (8-10)

You have a plan, you're following the process and your adhering to the plan. You are getting results because you are nailing the important things that matter each day, week and month. Even when you have a bad or an off day, you get straight back on the horse the very next day.

Confidence score: /10

3. Energy

The way we feel on a daily basis greatly affects our experience of life and the world.

Energy is created by progress and (sometimes) required for progress. So, they're a resource we need to build and protect.

When you're getting leaner, stronger and feeling better every day, you tend to have boundless energy and motivation.

Equally, when you feel this way, you're more consistent and driven to succeed than ever before. How much energy do you experience on a daily basis?

STRUGGLING (1-3)

You have little energy and motivation, even at the best of times. You find it a real challenge to getting enough sleep and often wake up feeling like you could go straight back to sleep. You experience ups and downs of energy throughout the day, often waking up after one too many drinks feeling sluggish.



10 Day Fat Loss Kickstart Initial Assessment

STRONG (4-7)

You are getting a good amount of sleep each night and have developed some initial thoughts on what a good routine would look like to protect this motivation and energy. You have bouts of feeling really energised but then periods where you feel like you have no motivation at all.

UNSTOPPABLE (8-10)

You are consistently energised, and it's normal for you to wake up feeling good, fresh and full of energy. Sticking to your nutrition and workout plan is easy, and you don't really need any external sources of motivation to help you do this.

Energy score: /10

4. Body-image

The way we feel about how we look can have a big impact on our mood and self-confidence.

For some people, the way they look is a source of positivity and power, for others it's an area of weakness and embarrassment.

How does your body image affect you at the moment?

STRUGGLING (1-3)

You aren't happy with how you look and your body image is a source of unhappiness. You'd really like to change that to move towards feeling better about your own body.

STRONG (4-7)

You have a pretty good feeling towards your body image and physique, and have maybe succeeded with some diets and exercise programmes in the past. But this



10 Day Fat Loss Kickstart Initial Assessment

has pretty much always led to coming back to where you started because you fell off the wagon at some point. You still want to work on your own body image.

UNSTOPPABLE (8-10)

You feel great about your body and it represents all the consistent work you have put in with your training and nutrition.

Body image: / 10

Clarity Score: / 10

Confidence Score: / 10

Motivation & Energy Score: / 10

Body Image Score: / 10

10 Day Fat Loss Kickstart Score / 40

Post your scores in the group!