

Monitor your progress fact sheet

Once you've set your goals, use these tools to help monitor your progress:

Progress chart

To keep track of how well you're doing, keep a weekly log of:

- How you feel generally-rate from one to ten (1=unwell or depressed, 5=average, 10=extremely fit and well).
- The number of fruit and vegetable serves you eat every day.
- The number of 'extra' foods you eat (see The Australian guide to healthy eating for details).
- The number of minutes per day you spend doing planned physical activity - see below for more details.
- Your weight and waist measurements.

To make it easier, print out the [Lifestyle Progress Chart](#) found on the Eat Well Be Active website, then you simply enter the information above each week to help you keep track of how you're doing.

How to calculate your planned physical activity minutes

Planned physical activity is an activity you plan into your day, such as:

- walking to the bus stop or around the block
- cycling to the shops
- swimming
- spending time doing the gardening
- a yoga session
- ten minutes of skipping rope.

Note down the total minutes of planned activities you do each day. For example, if you've done a 15 minute brisk walk, plus ten minutes of skipping, your daily physical activity participation adds up to 25 minutes. Then add up your daily totals to get a weekly total for your Lifestyle Progress Chart.

Weight or waist?

If you're aiming to lose body fat for improved health benefits by increasing your physical activity and building up muscle, your weight may not change because muscle weighs more than fat. However, there should be a decrease in your waist size over time. So it may be better to monitor your progress by measuring your waist rather than weighing yourself.

How to take your waist measurements

- Find a tape measure and measure around your stomach at your belly button.
- The tape measure should be firm but not tight.
- Breathe normally - holding your stomach in is cheating!
- Use the Lifestyle Progress Chart to help keep track of your measurements each week or fortnight to see how you're going.

Tips on weighing in regularly

Here are a few tips for monitoring your progress by checking your weight:

- Use the same scales each time.
- Wear about the same amount of clothing each time you weigh.
- Your weight may vary over a day, so weigh yourself around the same time (first thing in the morning is best) and on the same day.
- Check your weight only once a week or fortnight and write it down on your Lifestyle Progress Chart.