



## Getting Started Checklist

Congrats on taking action to achieve a competitive level of fitness. This is an accelerated program but give it (and yourself) time to experience the results you deserve.

Here are some tips to get started:

- ✓ Begin this process with a positive mindset & attitude.
- ✓ Get a check-up or physical with your health care professional.
- ✓ Review your schedule and map out the days & time blocks you can train with minimal conflicts.
- ✓ Get more rest. If you are not sleeping 7-8 hours, start winding down earlier to increase sleep.
- ✓ Increase your water intake. Ideally, you want to drink at least half your body weight in ounces.
- ✓ Sign up for an online exercise & nutrition journal like [www.myfitnesspal.com](http://www.myfitnesspal.com) to begin tracking your food.
- ✓ Get an Inbody Body Fat Test. Click the link to find a location near your home. <https://inbodyusa.com/support/nearest-testing-location/>
- ✓ Start tracking calories burned with a heart rate monitor. If you have an apple watch, that will work fine. If not, I recommend this one.
- ✓ Request support from family & friends (where possible) to help you manage your new fitness lifestyle.