

Plateau Buster Checklist





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Plateau Busters

At some point during this transformation, you will hit a plateau. It happens to everyone during his or her journey.

Sometimes this plateau is just your body adapting to the new style of eating and living, and things will pick up after a week or two once the body gets adjusted. Other times, the plateau is your body's way of telling you that you need to make another small adjustment to get it to change.

Then there is what most plateaus really are...

They are the result of a person letting a few little things slip back into their eating habits, workout habits, or life. It serves us best to evaluate, and I mean honestly evaluate, your current habits to see if they are in line with your goals.

Defining a Plateau

First thing we want to do is define a plateau. To be plateaued, you must not have any noticeable changes in your weight, fat loss, measurements, or health for more than two consecutive weeks.

This includes things like improved sleep, digestion, and moods as well as your weight and inches.

If you are making progress in any one area, we will not want to change anything with your diet or exercise.

One week of stalled progress doesn't mean that you are stuck. We want to see more than two weeks of no progress in ANY area before adjusting your new diet or lifestyle.

Plateau Checklist

Now before we go making any changes, let's reassess your current status in the following areas:

- 1) Are you following the nutritional habits 100%?
- 2) Are you currently getting 8 hours minimum sleep each night?
- 3) Is that sleep restful?
- 4) Are you walking for 30 minutes each day outside?
- 5) Are you performing 2-3 strength workouts each week?

- 6) Are you doing some controlled breathing for 5-10 minutes most if not all days of the week?
- 7) Have you reviewed your food and habit compliance checklists with a coach?

If you cannot answer yes to all of these questions then you will want to make sure you are doing all of these things before making any further changes.

The order in which you should make changes will be the order that the questions are asked. For instance before you add more workouts you need to make sure you are eating with at least 90% compliance.

Each time you feel like progress has stalled, you need to ask yourself the following questions:

- 1) Do I have more energy?
- 2) Am I feeling stronger?
- 3) Am I losing weight?
- 4) Do my clothes fit better?
- 5) Are my moods more stable or am I happier?

Asking yourself these questions may help you see progress that you did not know or realize you were making. If you are not seeing progress in any area, then you can go to the above checklist to ensure you are doing all of the basics to get results.

If you can answer yes to all of the questions in the checklist above, then meet with your coach to discuss moving to the Advanced Cardio or Fat Loss Nutrition Programs.