WINNERS PERSONAL TRAINING

TRACK ONE NORMAL WEEK

The week that showed me I was 100 kilos, not 98.

In October I did everything right. Seven hours of sleep, two and a half litres of water, four workouts a week. The scale didn't move. Then I wrote down everything I ate for one week. I wasn't 98 kilos. **I was 100.** And the sweets were back on every stressful day. You can't fix what you can't see. So before you change anything, track one normal week.

THE 4 RULES

1 **Don't change anything yet.**
Eat the way you normally do. You want to see your real week, not your best week.

2 **Write down everything.**
Every meal, every drink, the biscuit with your coffee, the handful from the cupboard. Any food app works. Log it right away, and be honest: nobody sees this but you.

3 **Weigh in every morning.**
After the toilet, before you eat or drink. Same scale. Write it down and don't react to it. One day means nothing.

4 **Mark the moments.**
Every time you eat something you didn't plan, write down when it was and how you felt. Stressed, tired, bored, out with friends.

DAY 7: READ YOUR WEEK

- **Average weight.** Add up the 7 numbers and divide by 7. That's your real starting point. From now on, compare averages, not days.
- **Calories and protein per day.** Add up the week and divide by 7. Most food apps do this for you.
- **Your pattern.** Look at the moments you marked. Which days? What time? Which feeling shows up most?

THEN CHANGE ONE THING

Pick the pattern that shows up most and change only that. Mine was sweets on stressful days. So now there are no sweets in the house, and when stress hits, I go for a walk first. One week later I was at 99.1. Not a big number. But it moved.

WANT ME TO LOOK AT YOUR WEEK? SEND ME A DM: MY WEEK

Your averages and your pattern are enough. I'll tell you what I'd change first.

Wesley
Personal trainer
@trainwithwpt

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MY WEEK

DAY	MORNING WEIGHT	CALORIES	PROTEIN	UNPLANNED MOMENTS: WHAT, WHEN, HOW I FELT
1 Date:				
2 Date:				
3 Date:				
4 Date:				
5 Date:				
6 Date:				
7 Date:				
AVERAGE				**TOTAL ÷ 7**

The pattern I see most: _____

The one thing I'll change: _____

Next week's average to beat: _____