Tip of the week - **“Review your progress”**

You probably set goals (specific or general) at the beginning of the year which is great. However, progress needs to be reviewed regularly to ensure your goals remain appropriate.

Your particular goal(s) will dictate how you measure and review your progress; some good ways are: before and after photos, measurements (body fat % or circumferences), distance/time you can maintain an activity etc.

Goal setting and reviewing progress is an integral part of a successful health and fitness plan so if you are experiencing difficulties with this please feel free to drop me a line.