



Weekly Adherence Week 8

Name: _____ Date: _____

Habit 8: Drinking Herbal tea!

If you have complied with this week's habit of drinking herbal tea instead of your normal cuppa than please X the box, if you didn't manage it, simply put O. Working towards 2-3 cups a day, at the end of the two weeks tally up the X and obtain a percentage of uptake. Have you formed this new habit?

WEEK 1

Add herbal tea

Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

WEEK 2

Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Are you having any problems with adherence, or does it seem easy? Please elaborate below.

No of ticks: $X/42 * 100$

Higher than 90%, you are ready to move on to the next module - well done

Lower than 90%, hey no worries, it takes time to make long term changes. I am so glad you are being honest.

How many steps walked this week?

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

How did you get on with this week's balancing and stretching workout?

Willingness to exercise

How are your workouts going? Are you getting stronger, more powerful, is your breathing calming down? Let me know what changes you feel when working out. Please describe them in your own words. You can also use this section to highlight “problems” or concerns you may have about the workout.

What is recovery like after exercise?

1. Please rate (daily) each of the following variables on a scale of 0 - 5 as follows:

Appetite: 0 = No appetite;

5 = Very hungry

Sleep quality: 0 = Poor sleep;

5 = Very good sleep

Tiredness: 0 = No tiredness;

5 = Very tired

Willingness to train: 0 = No willingness;

5 = Very excited to train

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetite							
Sleep quality							
Tiredness							
Willingness							

2. Resting Pulse Rate

Please record your morning resting pulse for each day while seated, immediately upon waking. Take your radial pulse (at the wrist) for 15 seconds and multiply by 4 to get a minute value. Record this minute value (beats per minute) here:

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pulse (bpm)							

Bi weekly measurements

Body Composition Measures

Bodyweight (in lb.)

3. Please provide the following skinfold measures (in mm) *.

SKINFOLD SITE

Abs (by belly button)

Triceps

Chest (front armpit)

Mid Axillary (under bra)

Subscapular (back under shoulder blade)

Suprailiac (inside hip)

Thigh (front of thigh)

4. Please provide the following width measurements (inches or cm) *.

LOCATION

Neck	
Shoulder	
Chest	
Upper-arm	
Waist	
Hip	
Thigh	
Calf	

