

GUYOGA

Progress Tracker

Track your progress. Chart your growth.
Stick with Guyoga.

Ready to see your success with Guyoga?

We've heard hundreds of reviews, emails, and success stories from people who have experienced breakthrough results using Guyoga. There's no reason this can't be you!

But noticing change over time is difficult when you're evaluating something you experience every day - especially when that something is yourself!

That's why I created the Guyoga Progress Guide, so you can:

- Track your progress by scoring yourself from 1-10 in ten specific areas of fitness.
- Chart your growth and notice how your score changes over time.
- Use your progress as motivation to stick with Guyoga!

Guyoga works quickly! You should notice significant differences in the first couple of weeks. But you need to keep doing the workouts in order for the results to stick.

Do the workouts, track your progress, and stick with it!

**See you on the workouts,
Dean**

Instructions:

1. Familiarize yourself with the descriptions for each of the 10 Guyoga Fitness Areas.
2. Grade yourself in each area on a scale of 1-10, with 1 being worst, and 10 being best.
3. Add up your total score and plot your weekly total on the Guyoga Progress Tracker Chart for Everyday Fitness.

Month 1: Grade yourself at the beginning of every week.
(Try to make it the same day every week.)

Month 2: Grade yourself at the beginning of every OTHER week.

Months 3 +:
Grade yourself at least once per month, and at most every other week.

10 Guyoga Fitness Areas

Flexibility

The ability of your muscles to stretch and lengthen. This is your ability to reach your arms overhead, stretch down and touch your toes, or sink deeper into a lunge.

1 **10**
Worst *Best*

Muscle tightness severely restricts daily movement, and no matter how hard you try your muscles don't seem to stretch, release tension, or get longer.

Your flexibility has minimal restrictions, if any. It is very easy for you to lengthen your muscles, to release tension, and to work deeper into postures or movements.

Mobility

Your overall ability to move, bend, reach, and hold yourself in extended range of motion with strength and control.

1 **10**
Worst *Best*

You have difficulty with daily movement, are unable to apply force when you reach your arms overhead, squat down low, or otherwise bend, twist, or extend.

You have no restrictions; are able to bend down and pick up heavy objects without difficulty, can lift objects overhead, and generally exhibit strength and control in any type of physical movement you encounter.

10 Guyoga Fitness Areas Continued

Strength

Ability to carry out work against resistance; holding yourself up in a posture, or applying pressure to an external force such as lifting, carrying, or pushing.

1 **10**
Worst *Best*

You lack the strength to perform daily tasks; your lack of strength prevents you from doing what you need to do on a day-to-day basis. You have difficulty exerting a high level of force for a short amount of time (10 seconds or less).

You have the strength to complete every task you need to do on a daily basis. You are able to resist or apply force in nearly every situation that calls for it, and you are completely confident in your body's ability to exert force against resistance.

Posture

The strength and muscle memory to hold yourself upright with proper posture; avoiding rounding forward with your shoulders or slouching, standing up as tall as possible.

1 **10**
Worst *Best*

You regularly sit or stand with shoulders rounded forward, neck in an improper position, spine rounded, and experience constant or chronic back pain as a result. You have difficulty holding proper posture for more than 30 seconds at a time, and revert to poor posture when not thinking about it.

You have the strength and the body awareness to stand or sit with perfect or nearly-perfect posture at all times. You rarely find yourself slouching forward, hunching, or "text-necking" with your phone. You have no back or shoulder pain related to poor posture.

Joints

The overall feeling (or lack of pain) of your joints, both on a day-to-day basis and during exercise.

1 **10**
Worst *Best*

Clicking, grinding, or discomfort in your joints that prevents pain-free movement, and severely limits your ability to perform day-to-day tasks. Consistent, predictable pain in knees, ankles, shoulders, elbows, hips, wrists, or spine/neck.

Smooth, pain-free movement in your joints, a feeling of supportiveness in the joints from the surrounding and attached muscles. Confidence during movement because you don't have to worry about pain or discomfort in the joints during movement.

10 Guyoga Fitness Areas Continued

Endurance

The ability to sustain light-to-moderate application of force for a longer period of time (15 seconds or more), such as holding yourself in a squat or a lunge position for 30+ seconds, maintaining a plank, or the ability to make it through a 25-minute yoga workout without breaks.

1 **10**
Worst *Best*

Inability to hold the postures for longer than 15 seconds; having to “end” the pose early or stop before the pose is over, having to pause a Guyoga workout multiple times in order to stop and catch your breath before moving on.

No difficulty holding the postures for an extended period of time; able to make it through 2 entire Guyoga workouts back-to-back at near-maximum effort with no issues.

Energy*

The strength and vitality to stay alert, remain focused, and accomplish your day-to-day tasks.

1 **10**
Worst *Best*

Feeling lethargic throughout the day, struggling to get out of bed in the morning, and generally lacking the energy to complete necessary day-to-day tasks or accomplish your goals.

Sustained energy levels throughout the day; having the strength and energy to complete your daily tasks, working consistently to achieve your goals, and a consistent feeling of motivation or positivity.

** It's normal for us to have dips in energy throughout the day, especially in the early afternoon. Unless you're wired on caffeine, you won't have high levels of energy the entire day.*

Sleep

Getting high-quality, uninterrupted sleep in an environment conducive to optimal sleep (pitch-black, quiet, with no distractions) for a minimum of 7.5 hours per night. *(Although some of us may only need 6 hours, it's a very small percentage.)*

1 **10**
Worst *Best*

Feeling unrested, groggy, or out of it after a full night of sleep. Waking up multiple times throughout the night, unable to fall back to sleep quickly, getting less than 6 hours/night.

Rarely waking up in the middle of night (if at all), waking up feeling refreshed and well-rested, and not having to wake up to an alarm clock.

10 Guyoga Fitness Areas Continued

Breathing

Your ability to control your breath both during the workouts and in daily life. Improving your breath along with your yoga practice, to hold the postures longer, work deeper into the postures, and manage stress. Having awareness of your breath; noticing when you are taking shallow breaths and replacing those with deeper, full breaths.

1 **10**
Worst *Best*

Huffing and puffing throughout the workout, with little attention to linking your breath with your movements. Breathing shallowly throughout the day, and generally lacking conscious control over your breathing.

Taking deep, full breaths; syncing your breath with your movements to improve your performance in your yoga workout (improving both your breathing and your movements). Being mostly conscious of your breathing throughout the day to manage stress, calm your body and mind, and release tension in your body.

Lifestyle

Making healthy decisions on a regular basis when it comes to sleep, diet, stress management, and exercise; as well as engaging in positive habits such as hobbies, community involvement, & self-development.

1 **10**
Worst *Best*

NOT making time for exercise, prioritizing sleep, managing stress (constructively), nor spending time or engaging in meaningful conversation with family or friends.

Eating unhealthily, consuming excessive amounts of media (social media, TV, Netflix, news, etc), working 12+ hours/day, etc...

Prioritizing sleep, diet, exercise, and stress management. Spending time and engaging in meaningful conversation with friends and families. Disconnecting from work to recharge and relieve stress.

Not spending excessive amounts of time watching TV or engaging in social media, being unproductive for longer periods of time, etc...

Guyoga Everyday Fitness Weekly Total

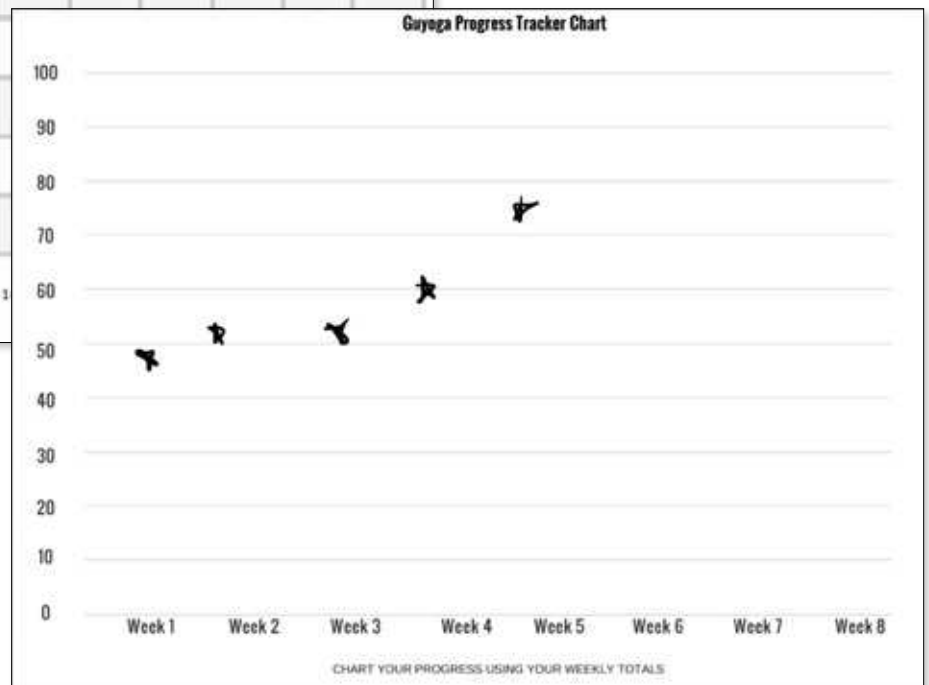
Add up your scores from these 10 areas to get your weekly total. Once you've got that, add it to the Guyoga Progress Tracker for Everyday Fitness. As long as you're sticking with the workouts and doing them a minimum of 3x per week, you should notice significant improvements in the first few weeks.

Keep in mind that as time goes on, your body will adjust to the workouts, and your score increases may begin to plateau. You may also notice a decrease in score, as some weeks are better than others. Don't worry - both of these things are normal! Just remember to stick with it, and focus on the overall upward trend over time.

GUYOGA PROGRESS TRACKER: EVERYDAY FITNESS

WEEK	FLEXIBILITY	MOBILITY	STRENGTH	POSTURE	JOINTS	ENDURANCE	ENERGY	SLEEP	BREATHING	LIFESTYLE	WEEKLY TOTAL
Week 1	4	3	8	2	5	6	8	7	6	6	47
Week 2											
Week 3											
Week 4											
Week 5											
Week 6											
Week 7											
Week 8											

RATE EACH AREA 1-10



Guyoga Athletic Performance Areas

Overall Performance

Your personal rating of your overall performance, relative to your personal goals and standards.

1

Worst

Your overall performance is not where you want it to be due to pain, discomfort, lack of flexibility, mobility, strength and/or endurance.

10

Best

You are completing more reps, lifting heavier, able to use proper technique throughout your workout, and/or taking longer to get tired.

Muscle Activation

Your body's ability to activate the correct muscle groups during exercise in order to maximize mechanical efficiency, decrease risk of injury from imbalances, and improve performance.

1

Worst

You are struggling to activate the proper muscle groups during exercise. This typically includes the core, hips, glutes, and upper-back. As a result, you may experience joint pain, overexertion in certain muscle groups, or recurring aches.

10

Best

You feel all of the right muscles firing during exercise, and are using your full strength potential. You feel an even distribution of soreness after full-body workouts, and do not feel imbalanced during exercise.

Motor Control

Your ability to control your body. This includes the ability to make sharp, calculated movements, making the subtle adjustments necessary to improve technique, and learning new movements.

1

Worst

You lack control over your body to complete routine exercises in your workout. You struggle with "feeling" the exercise in the right areas, and have trouble making improvements or learning new movements.

10

Best

You are extremely confident in your ability to control your body and movements. You are able to adapt quickly and improve movements you already know, and also able to learn new movements in less time than others.

Guyoga Athletic Performance Areas Continued

Recovery Time

If training with moderate intensity, you should be able to recover from workouts within a reasonable amount of time (1-3 days, depending on the intensity of the workout). Your recovery time should not get in the way of a [realistic] training schedule.

1 **10**
Worst *Best*

You feel that your recovery time is much longer than it should be. Your delayed recovery has a negative effect on your ability to keep up with your intended workout schedule.

The time it takes for you to recover is well below average compared to people your age with similar workout routines. You are able to stick to your planned workout schedule for the week, as long as you don't overdo it and stay consistent in sleep, diet, and stress-management, too.

Guyoga Athletic Performance Weekly Total

Add up your scores from the 4 athletic performance areas to get your weekly total. Once you've got that, add it to the Guyoga Progress Tracker for Athletic Performance.

Keep in mind that some weeks may be better than others. It's best to focus on the overall upward trend, rather than week-to-week changes. That's where you'll notice the big improvements. ;-)

NOTE: EACH AREA IS 10
 1=WORST 10=BEST

GUYOGA PROGRESS TRACKER
Fitness Performance

WEEK	OVERALL PERFORMANCE	MUSCLE ACTIVATION	HEART CONTROL	RECOVERY TIME (1-SLOW TO FAST)	WEEKLY TOTAL
Week 1	4	6	6	5	21
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					

