

“Maximize Your Fat Loss With These 5 Simple Progress Tracking Methods”

Free Fat Burning Lesson

By Sean Nalewanyj
www.HowToBurnFat.com

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About The Author

Sean Nalewanyj

www.HowToBurnFat.com



Once an awkward, out-of-shape “social outcast”, Sean Nalewanyj is now a renowned fat loss and muscle building expert, best-selling fitness author and success coach.

Sean has been researching and promoting natural fat loss and bodybuilding techniques for the past decade, has written articles for dozens of the most popular fitness sites on the web, and is recognized as an expert authority on the subjects of building muscle and burning fat fast.

Through his highly successful website, www.HowToBurnFat.com and his information packed online email lessons (visit his website using the link above for signup details), he has helped thousands of average everyday people from all over the world burn fat, build muscle and get into the best shape of their lives.

Sean is well known as the creator of the renowned online body makeover program, “[The Real Body Transformation System](#)”, which teaches people how to burn fat, increase their muscle definition and look their best without supplements, drugs, fad diets or fancy equipment of any kind.

The full package includes his best-selling e-book, “**The Truth About Burning Fat**”, along with a detailed collection of fat loss support modules and free bonus gifts. The system is backed by a ton of dramatic before/after success stories and is also endorsed by several top fitness experts in the field.

In a weight loss world where intense marketing hype and exaggerations have become the norm, Sean is well respected for his direct, no-nonsense approach. He admits that getting into impressive shape is not a walk in the park, but believes without a doubt that he can help anyone achieve the body they desire as long as they are willing to put forth the effort.

You can read more about Sean and his full-blown fat loss success system by [clicking here](#) to visit his website.

Maximize Your Fat Loss With These 5 Simple Progress Tracking Methods

Sean is also the author and creator of a best-selling natural bodybuilding program known as "[The Muscle Gain Truth No Fail-System](#)". If your primary focus is to build overall muscle size and strength, this program is for you.

This explosive muscle building package contains every single tip, trick and strategy you need to achieve a powerful, jaw-dropping physique without spending countless hours in the gym or slaving away to a tedious diet plan.

Lastly, Sean is the owner and operator of "[The Muscle Building & Fat Loss Inner Circle](#)"... A private, members-only body transformation community dedicated to keeping subscribers up to date on all of the most cutting edge fitness strategies available.

Not only do M.F.I.C members gain access to a massive library of regularly updated muscle building and fat burning information, but they are also able to meet, chat and make friends with one another using the vast collection of "interactive" applications provided, such as instant messaging, discussion forums, live chats and more.

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WAIT!

Before you go any further, take 2 short minutes to visit my personal website using the link below and sign up for my free 6-part fat burning email course.

It's called "**6 Critical Keys To Rapid Fat Loss Revealed**" and will teach you even more great no-nonsense tips for maximizing your body's fat burning capabilities.

You'll also have the chance to download the first 2 chapters of my widely acclaimed e-book "**The Truth About Burning Fat**" at no cost.



 [Click Here For Instant Access](#)

Maximize Your Fat Loss With These 5 Simple Progress Tracking Methods

In today's installment, I'm going to be talking about one of the biggest mistakes people make when trying to lose body fat and get into impressive shape.

See, when most people embark on a fat loss program, they end up paying very little attention to this specific aspect of their approach, when in reality, it's one of the most important ways to ensure that you see the fastest results in the shortest time.

I'm talking about the issue of **progress tracking** – objectively measuring your improvements in body composition from week to week.

After all, if you don't have a concrete way to measure your overall changes in body fat, muscular mass and overall appearance, how will you know for sure if your program is even working?

Most people simply carry on with their routine each week in the hopes that they're on the right track. They step on the scale each day, glance in the mirror, and assume that this is enough information to determine how well their program is working.

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While this can often be enough to produce measurable progress over the long haul, if you want to achieve the most explosive results in the absolute shortest period of time, this is an obvious and costly error.

Accurately tracking your progress will allow you to see if your program is being carried out as efficiently as it could be, and will help you to identify areas of your fat burning approach that could possibly be improved.

While there are literally an endless number of different possible methods that could be used to track your progress, I would recommend that the majority of you out there make use of the 5 approaches I'm about to discuss...

Progress Tracking Method #1

Changes In Bodyweight

This is the most common method of fat loss progress tracking that is used, and while it should definitely be included in your box of tools, relying on it as the sole means of analyzing your results is an obvious mistake.

The reason is simple: tracking your overall body weight does not take into account your body composition, which is the ratio between your body fat mass and your lean body mass.

And when it all comes down to it, changing your body composition is the ultimate goal of any effective fat loss program. Your goal is not merely to lose body weight, but rather to lose body fat while maintaining muscle. Doing so will keep your body's metabolic rate operating at peak levels, and will produce the shapely and athletic appearance that the majority of you are probably striving for.

Progress Tracking Method #2 & #3

Changes In Body Fat Percentage & Changes In Lean Body Mass

Since your ultimate goal is to lose body fat while maintaining muscle, measuring your body fat percentage and lean body mass is easily the most tell-tale sign as to whether or not your program is taking you in the right direction.

There are a ton of different methods that can be used to measure body fat percentage, but for the majority of individuals, skin-fold measurements are going to be the most practical and accurate procedure.

Most of the body fat that you're concerned with losing is located directly underneath your skin, and by pinching and measuring the thickness on different sites of your body with a caliper, you can get a pretty reliable reading as to your overall body fat levels.

Once you have determined your body fat percentage, you can then combine it with your overall bodyweight in order to determine your body's overall fat mass and lean body mass. Your fat mass refers to how many pounds of your body weight are derived from fat, and your lean body mass refers to any type of body weight that is NOT fat, such as muscle, bone, water and glycogen.

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The formula to calculate this is very simple...

1) Multiply your overall bodyweight by your body fat percentage. (This will give you your fat mass in pounds)

2) Subtract your fat mass from your overall bodyweight. (This will give you your lean body mass in pounds)

Here's an example...

Let's use an individual who weighs 200 pounds at 16% body fat.

$200 \text{ (overall bodyweight)} \times 0.16 \text{ (body fat\%)} = 32 \text{ pounds of fat mass}$

$200 \text{ (overall bodyweight)} - 32 \text{ (pounds of fat mass)} = 168 \text{ pounds of lean body mass}$

This individual has **32 pounds of fat mass** and **168 pounds of lean body mass**.

This is definitely the most important method of progress tracking as it will show you exactly how much body fat you are losing and how this is affecting your lean body mass from week to week.

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The underlying goal of your fat loss program is simple: lose as much body fat as possible while maintaining as much lean body mass as possible.

If you only ever used your overall bodyweight as your gauge for measuring progress (which is what most people do), you'd never know if you were actually traveling in the right direction.

For example, you might lose a bunch of muscle mass and only lose a very small amount of fat, yet the number on the scale would lead you to believe that you were experiencing impressive results.

Or, you might lose a reasonable amount of body fat while maintaining the majority of your lean body mass... the number on the scale would only decrease very slightly, when in reality you'd be progressing in a highly positive fashion.

The ONLY way to truly know if your program is working is to measure how much body fat you're losing, and how this is affecting your lean body mass.

Progress Tracking Method #4

Bodypart Measurements

If you're trying to lose body fat, then most likely you're aiming to decrease your overall body size as well. In order to determine if your body shape is actually changing, you can use a basic measuring tape once per week to check on all of your major body parts.

These are the bodyparts I would recommend measuring:

- Chest
- Waist
- Hips
- Upper arm
- Thigh

If you want to get really detailed you can also measure your forearm, calf and neck, but these bodyparts will most likely not show any significant change in measurement from week to week.

As an overall guideline I'd stick to the 5 body parts listed above.

Progress Tracking Method #5

Overall Appearance

If you're like most individuals, then your ultimate bottom line goal in losing body fat is to change the way you look. For this reason, you should certainly use your changes in appearance as a gauge for your progress.

There are 3 ways I would recommend using this tool...

a) Appearance in the mirror – You're the one who is motivated to make this change and you're the one who sees yourself everyday, so the mirror is one useful tool in watching your physical progress.

However, I would recommend that you be very cautious with this method, since our perception of our own body is often distorted from the way that others see it. For that reason, I would highly recommend making use of...

b) Before/after pictures – This is the best way to get an objective look at how your body is changing over a set period of time without your own perceptual filter getting in the way. Try taking a picture of yourself once a week, and then directly comparing the shots to see how your appearance is changing.

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c) Objective opinions from friends and family – Obviously there is no set approach for using this method, but if you run into someone that you haven't seen in a while and they ask if you've been working out, then you can be pretty certain that you're on the right track.

I would recommend making use of all 5 progress tracking methods I just talked about on a once-per-week basis, first thing in the morning before any meals or workout sessions. It's important that you keep the same conditions each time you measure, as your activity level and diet can affect the readings quite significantly.

If you haven't been tracking your progress up to this point, then I would strongly suggest getting started on it. If you don't have an objective way to measure your results each week, you can never know for sure if your program is working as well as it could be.

Leave the "scale and mirror only" approach to the casual people who aren't truly serious about changing their bodies, and start keeping detailed records of your progress if you really want to achieve an impressive, head-turning body in record speed.

Are You Ready To Achieve Your Dream Body?



If you're ready to put all the talk aside and start taking action towards achieving a lean, sexy and impressive body...

Congratulations!

I commend you on your decision to do what it takes to get into impressive shape. Most people never have the courage to take that step, and instead spend their entire lives unhappy and unsatisfied with the way they look and feel.

While the information in this lesson will help you lay the groundwork for an effective fat burning and muscle-sculpting program, the truth is that there are **many** other factors to take into account if you *really* want to achieve dramatic results quickly.

There is such an obscene amount of false information out there, and if you don't have the right training and nutrition system in place you'll be literally guaranteed to fail in the long run... or you'll at least slow down your progress considerably.

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That's exactly why I created "[The Real Deal Body Transformation System](#)".

This full-blown system includes my best-selling e-book, "**The Truth About Burning Fat**", along with a detailed collection of fat loss support modules and bonus items.

I'm talking step-by-step workout routines... customized eating plans... progress tracking tools... mp3 audio courses... video lessons... bonus reports... and much more. It's every single tool you need to slash fat, define your body and enhance your health & energy levels in lightning speed.

No hype, no fluff, no filler... Just the **honest** facts from a genuine expert who truly cares about your success and makes a living transforming people's bodies and lives.

Don't take my word for it though...

Just check out what other people are saying about my renowned fat loss system...

“I Feel Strong & Healthy... I Can Finally See My Abs!”



I've had several knee surgeries and spent 2 years laying in bed, on walkers, in a wheel chair and on crutches... My health was failing, I felt sick all the time, and decided it was time to do something about it... I'm happy to report that my body weight dropped from 227 pounds down to 199 pounds, and my body fat percentage went from 27% down to 10%!

Matthew Eubanks
Montana, USA

“This Can Be Done... Even After Having 4 Kids!”



I love how your program explains everything to the point, and doesn't confuse us with any fancy scientific lingo. All the tools are given - we just have to apply them. I started off at a plump size 16, and now fit comfortably into a size 4. My energy levels have increased, and I'm not afraid to wear tight-fitting clothes anymore. I'm so proud of what I've achieved!

Sandra Peebles
Georgia, USA

“Can Date Just About Any Girl I Want”



Since beginning the program my body fat has dropped down to an impressive 10%, and my entire physique is more defined and muscular than I could have ever imagined. I never get made fun of anymore. All of my friends say they wish they had my body! And guess what? I got the girl! In fact, I can date just about any girl I want now.

Logan Amy
Indiana, USA

“I Wasn’t Even This Fit In High School”



The strategies in your program are great. Nutrition really is 90% of the battle! Doesn't matter how much cardio you do if you aren't eating properly... I started at 175 pounds and am down to 112, and went from a size 14 to a size 4. I have way more energy and confidence... I used to get migraines all the time, but not anymore... People actually come up now and ask me for advice!

Dara Wiles

“I Feel Amazing... My Whole Life Has Changed...”



I was constantly fatigued, and was never in the mood to spend time outside with my boys like a father is supposed to. I started off with 25% body fat and weighed 242 pounds... I'm now at 10% body fat at a weight of 198! I even quit my job and started my own business... I'm now making 3x my previous salary because I finally have the energy to be a success!

Willem Steynberg
Port Elizabeth, South Africa

“I’m Getting Noticed More By Guys Now!”



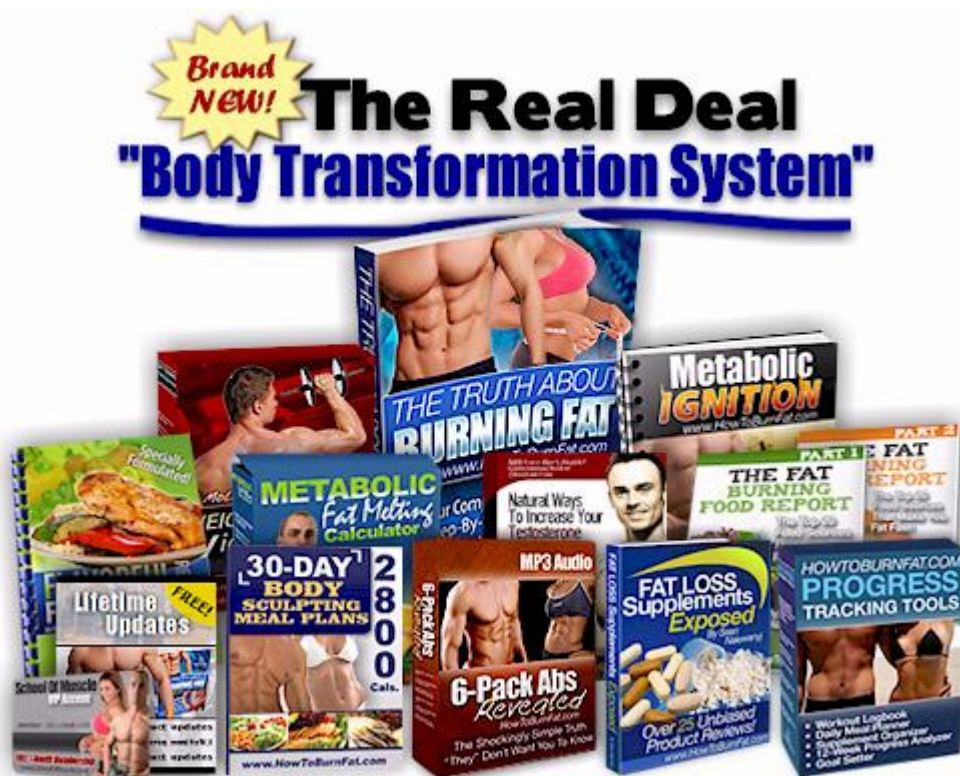
I was an athlete in high school, but once I went off to college my weight got out of control. I was sick and tired of being unhappy with my body... I just wanted to feel confident in a bikini again. I ended up slimming down from 176 pounds all the way down to 135! I now feel confident with myself... I love going out in public and dressing up, because I feel hot! I'm even getting noticed more by guys now...

Lindsay Fullerman

Maximize Your Fat Loss With These 5 Simple Progress Tracking Methods

If you're ready to get started and finally achieve the lean, sexy, head-turning body you've always dreamed of, just click the link below to get started...

The program is backed by a full 8-week money back guarantee... So you have absolutely **nothing** to lose. (Except the fat!)



[Click Here To Get Started!](http://www.HowToBurnFat.com)

Here's to your brand new body,

www.HowToBurnFat.com

Additional Product Information

Learn more about Sean's other 2 best-selling fitness products below...

“The Muscle Gain Truth No-Fail System”

Complete Muscle Building Success Kit

www.MuscleGainTruth.com



Learn the exact step-by-step strategies for maximizing your muscle size and strength gains and achieving a powerful, head-turning body in lightning speed.

Contains the best-selling e-book, “The Truth About Building Muscle” along with a comprehensive collection of support modules and bonus items.

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A private, members-only body transformation community that keeps you up to date on all of the most cutting edge fitness strategies available.

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