

Minimalist Muscle

More Muscle In Less Time For Busy Guys

by Eric Bach



Measurement and Progress

Tracking Guide

Assessing Progress

As the quote goes: “if you’re not assessing, you’re guessing.”

This is especially true for tracking your weight and body measurements.

During the Minimalist Muscle eCourse, you’ll be tracking your weight each week. Having these numbers allows you to make changes to your diet to maximize lean muscle gain and minimize fat gain.

Tracking Weight

The scale is simply another tool for us to use to assess progress. Along with pictures and measurements, weight can be used to adjust meal size, portion size, and meal frequency.

Key Point:

Weight can fluctuate between two and five pounds on a given day. Avoid getting hung up on minor daily variations. Look for trends over time instead.

To make sure we have the most accurate readings, step on the scale first thing in the morning after going to the bathroom and before eating or drinking anything. Oh, and make sure you’re naked (or wearing the same amount of clothing) every time you measure.

Take your weight and record it.

Progress Photos

While the scale provides a definitive number, bodyweight alone is a poor measure of progress. Throughout the program, it’s likely you’ll add lean muscle while losing fat, a process called recomposition.

Still, if you don’t see movement on the scale it’s often difficult to measure progress.

This is where pictures come in. They provide visual proof of change in your body.

Use your smartphone in good lighting, saving the photos at their full size. Do not add text or filters. Have someone else take the photo. Or rig your phone on a timer, in front of a plain background or white wall. The less clutter in the background, the more attention on you!

Wear swimwear or tight fitting workout wear. Show as much of your body as you are comfortable with. It's the best way to see the changes that have happened in your body.

You'll want two types of photos: Straight on, and from the side. You can take a picture of your back, but that is optional. Altogether, we'll gain a great picture of the changes to your physique.

Make that you have before/after photos in the same pose so we can accurately see your transformation. And don't suck it in or push it out. Show the real you.

When to take progress photos?

Progress photos should be taken on day one of the eCourse, then once per week on Friday or Saturday morning.

Summary:

- Take photos at the same time.
- Wear the same clothes
- Use the the same lighting and background

Watch the #gains happen before our eyes.

Waist Measurement

Waist measurements will be taken on day one of the program, then every Friday with your weight and pictures. Here's a short how-to video to get you started. Record each measurement to the 1/8 inch and write them down here.

<https://www.youtube.com/watch?v=0pjjRvY7iKw>

Arm, Chest, Thigh, Waist, and Hip Measurements

What? You thought we'd only measure your waist? C'mon. By tracking arm, chest, thigh, waist, and hip measurements we'll be able to track size gains. This becomes important especially with our specialization programs throughout the Minimalist Mass program.

Find out how to do them, here:

https://www.youtube.com/watch?v=LoL_QTatGhU

Take measurements with your weight and pictures on every Friday and record them in a notebook or an application like Google docs.

Remember: if you're not assessing you're guessing. Tracking your results is essential to find what works best for your body.