BRDR & PHASE 2 RECOMP

TRACKING & CHECKPOINTS

Print this workbook and keep it at your bedside for nightly check-ins! Helpful hint: print on both sides to save paper.

FIRST THINGS FIRST

WHAT'S INSIDE

2	**Tracking In Recomp:** data, metrics, and scans; what you can track, and when
3-4	**How To Track:** weigh-ins, clothing fit, photos, and scans (and your comfort level)
5-6	**My Metrics & Weekly Data At A Glance:** your scan results and your weekly averages in one place
7	**The 5 Signs Review:** how you're gauging your personal experiences (just like in Reset)
8-25	**Support Sheets:** Recomp On Ramp and Weeks 1-16

HOW TO USE THIS WORKBOOK

- **During Recomp On Ramp, read pages 2-4,** and choose your data (at least one option, but 2-3 is better).
- **Before Week 1, fill in your baseline:** the On Ramp row on page 6, and the On Ramp column on page 5 if you're getting scans.
- **Each night, fill in that day's Support Sheet:** your 5 signs and your Recomp anchors. On weigh-in days, record your morning scale weight.
- **During your 2-week test,** mark test week 1 and test week 2 at the top of those Support Sheets, and weigh in at least 3 mornings each week.
- **At the end of each week,** copy your weekly average and clothing fit to Weekly Data At A Glance on page 6.
- **Do your Metrics Checks** around Weeks 6-7 (optional) and between Weeks 12 and 16 (recommended), and record them on page 5.

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TRACKING IN RECOMP

In Reset, you tuned in to your 5 Signs and checked in on your anchors each night. You'll keep doing both, but you'll add **data and metrics** to keep tabs on how your body responds to your Recomp efforts.

YOU choose what to track. Pick at least one data option (2-3 is better), plus scans if you can. And if tracking, logging, and metric-taking is too stressful for you as presented, reach out in the community, via post or DM. We can find a route and a timeline that works better for you.

DATA

What you collect

Your weigh-ins (and weekly average), how your clothes fit, and photos. Your 5 Signs are data, too. Remember, we don't track these to obsess or judge. We track them to be PRECISE.

METRICS

What your body is made of

Your RMR, and your body fat and muscle or lean mass.

SCANS

How you get your metrics

An RMR breath test, DEXA, Seca, or InBody. Optional, but highly recommended, especially if you're not weighing yourself.

WHAT YOU CAN TRACK, AND WHEN

WHAT	HOW OFTEN	NOTES
5 Signs	Nightly chart	Track on the Support Sheets, just like in Reset.
Recomp anchors	Nightly	Track on the Support Sheets, just like in Reset.
Weigh-ins*	~3 mornings/week, same time and conditions (at least 3 during each week of your 2-week test)	Track on the Support Sheets during the week, and record your weekly average on the Weekly Data At A Glance chart (page 6) once a week.
Clothing fit	Once a week, same time and conditions	Same article of clothing each time. Track on the Weekly Data At A Glance chart, page 6.
Photos	On Ramp, Metrics Checks	Make sure to take photos in the same position, clothing, and light each time.
Metrics Scans	On Ramp, and around Weeks 6-7 and 12-16	Track on the My Metrics At A Glance chart, page 5.

***Note: weigh-ins need an at-home scale.** Not weighing yourself right now? You can still follow any path. Your *Goals & Calculations* packet (Your 2-Week Test) explains what to do instead.

WHAT DO MY NUMBERS SAY ABOUT ME?

Numbers, trends, and tracking simply provide data: information to help guide your way. Your data and metrics say absolutely nothing about your value or worth! They're just NUMBERS.

HOW TO TRACK YOUR DATA

Data is just information that lets us make smart decisions to shorten the timeline to Recomp. But Recomp can still happen with minimal data collection! Choose the path that's best for you.

WEIGH-INS

- **When:** 3 mornings a week, on the same days each week if you can. You'll collect "baseline" weigh-ins during your "practice" week(s) to compare to your 2-week test weigh-ins later.
- **How:** first thing in the morning, after the bathroom, before eating or drinking. Same scale, on a hard, flat floor, in the same clothing.
- **Your weekly average:** on your Support Sheets, you'll add up the week's weigh-ins and divide by how many you did. The average is your number.

  EXAMPLE: YOUR WEEKLY AVERAGE

  Mon **151.2** Wed **150.4** Fri **150.8** 151.2 + 150.4 + 150.8 = 452.4 ÷ 3 = **150.8 lb**

- **Expect noise.** One weigh-in can swing 1-4 lb from salt, a big meal, a hard workout, or your cycle. Overnight jumps like that are never fat. That's why we weigh frequently: not to obsess, but to get a clearer view of what's going on.

CLOTHING FIT

- **Pick one non-stretchy item,** like jeans or pants with a firm waistband.
- **Try it on once a week or every few weeks,** on the same day, at the same time of day (morning is best), and note how it fits on Weekly Data At A Glance (page 6).

PHOTOS

- **To your comfort level,** in the same place, light, and clothing, at the same time of day, with the phone at the same height and distance (use the timer or a helper).
- **Take a set during On Ramp and at each Metrics Check.** Do not look at your photos in between checks; there's no need.

HOW DOES TRACKING FEEL?

Even though data is non-emotional, and even if we feel like it doesn't affect us mentally, you might find that tracking has a negative effect on your mental health and your Recomp experience. It's OK to take a step back when needed. The minute you feel anxious, upset, or emotionally attached to the numbers, reach out in the community, via post or DM.

METRICS & SCANS

Scans give you information that the scale can't. They're optional, but highly recommended (especially if you're not weighing yourself). Many clinics offer scans for $100-$200. To find a clinic near you, search "Biometric scans" or the individual scan types + your locale.

SCAN	WHAT IT TELLS YOU
RMR breath test	Your resting metabolic rate, for a more accurate TDEE calculation. (Many clinics will also calculate your TDEE using your RMR.)
DEXA	Body fat, lean mass (everything in your body that's not fat), and bone density. The most precise for tracking fat mass, but does not tell you how much muscle you have.
Seca or InBody (Clinic) *Look for a professional (clinic-grade) model; at-home models are much less accurate.*	Body fat % and muscle mass, estimated from your body water. Less precise than DEXA, but it gives you a muscle mass number, so it's our preferred option to track muscle gain.

WHEN TO SCAN

BASELINE
Recomp On Ramp

METRICS CHECK 1
(OPTIONAL)
Weeks 6-7
before your Week 8 maintenance week (scanning in maintenance can skew results)

METRICS CHECK 2
(RECOMMENDED)
Weeks 12-16
at least 6 weeks after your last scan, and before the last week of Recomp

SAME CONDITIONS, EVERY TIME

- Same device, at the same place
- Morning, fasted, after the bathroom
- No hard training for 24-48 hours before
- No alcohol for 24 hours before
- Normal fluids (not extra, not less)
- Same point in your cycle, if you can
- No change in creatine use between scans

How to read your scans: Read data over time! A single scan tells you where you are; a series of scans tells you what's changing and where you're going. And remember, Seca and InBody estimate fat from body water, so water shifts can manipulate the result, and they're only accurate to about 2-4 lb of fat for any one person. Look for a trend over at least two scans: treat a fat-mass change as real when it's more than about 4-5 lb.

MY METRICS AT A GLANCE

The clinic you choose should give you tracking paperwork after your scans, but putting pen to paper to track for yourself helps you stay engaged and aware. ***Note: you do NOT need to take both DEXA and Seca/InBody. One modality is plenty.***

		RESULTS		
SCAN	**CONDITIONS**	**ON RAMP** *(my baseline)*	**WEEKS 6-7** *(optional)*	**WEEKS 12-16** *(recommended)*
RMR Notes:	Where _____ When _____ Cycle day _____	RMR _____ TDEE _____	RMR _____ TDEE _____	RMR _____ TDEE _____
DEXA Notes:	Where _____ When _____ Cycle day _____	Body fat _____ % Visceral fat _____ Lean mass _____ lb	Body fat _____ % Visceral fat _____ Lean mass _____ lb	Body fat _____ % Visceral fat _____ Lean mass _____ lb
Seca / InBody Notes:	Where _____ When _____ Cycle day _____	Body fat _____ % Muscle mass _____ lb	Body fat _____ % Muscle mass _____ lb	Body fat _____ % Muscle mass _____ lb

WEEKLY DATA AT A GLANCE

Copy your weekly average and clothing fit here at the end of each week, so you can see the trend in one place. Change shows up over weeks, not days! Mark your test weeks in the Notes column. **Not weighing yourself? Leave the weight columns blank and use clothing fit and notes, if you're comfortable.**

WEEK	WEEKLY AVERAGE (LB)	CHANGE FROM LAST WEEK +/-	CLOTHING FIT	NOTES
On Ramp *baseline (last 3 weigh-ins)*				
Week 1 *2-week test window*				
Week 2 *2-week test window*				
Week 3 *2-week test window*				
Week 4 *2-week test window*				
Week 5				
Week 6				
Week 7				
Week 8 *maintenance week*				
Week 9				
Week 10				
Week 11				
Week 12				
Week 13				
Week 14				
Week 15				
Week 16				

THE 5 SIGNS REVIEW

This is about how you **feel**, and becoming more attuned to your body. Over time you'll be able to scan your Support Sheets and see trends and improvements.

> Don't agonize over your score or over-analyze the signs. The examples below are for guidance; you don't have to fit perfectly in the boxes.

ASSESSING HUNGER

↑	B	↓
Ravenous or uncomfortably hungry more than once in a day	Balanced hunger, aligned with mealtimes	Not really hungry for most of the day

ASSESSING ENERGY LEVELS

1	2	3	4	5
Awful: super low energy, dragging, crash mode, no motivation	Not great: low energy, 1–2 crashes, motivation low	Neutral: no crashes & enough motivation for required tasks	Good: steady energy, good motivation, good productivity	Excellent: high energy, motivation, and productivity

ASSESSING SLEEP Bonus: next to your 1–5, add a "/#h" for hours of sleep (e.g. 4/8h)

1	2	3	4	5
Awful: could not fall asleep, woke multiple times, not restorative	Not great: difficulty falling asleep, woke up at least once, not restorative	Neutral: fell asleep fairly easily, not necessarily restorative but not disastrous	Good: fell asleep fairly easily, slept through, felt good waking up	Excellent: fell asleep easily, slept through, felt restored & energetic waking up

ASSESSING STRESS RUNWAY & MOOD

1	2	3	4	5
Awful: zero bandwidth & everything sets me off, feeling negative, STRESSED	Not great: low bandwidth, "off" day with above-average stress	Neutral: average bandwidth, not negative but not overtly positive, average stress	Good: decent bandwidth, feeling positive, coping well with stressors	Excellent: high bandwidth, positivity, and tackling stressors easily

ASSESSING DIGESTION

1	2	3	4	5
Awful: constant gas, bloating, irregularity, stool issues, or all of the above	Not great: intermittent discomfort and/or stool issues	Neutral: not perfect, but nothing life-limiting	Good: mostly predictable, and good stool formation	Excellent: like clockwork, regular, award-winning stool

YOUR CYCLE Optional

P Period	**F** Follicular	**L** Luteal	**M** Post-menopause

ON RAMP SUPPORT SHEET

ON RAMP

Grey = optional

RECOMP CALCULATOR

Find your targets in the Recomp Calculator and practice eating near them. Practice weigh-ins: 3 mornings this week. **Your last 3 On Ramp weigh-ins are your baseline,** *so circle them. Taking an extra On Ramp week? Use the next sheet too.*

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *practice · 3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **ON RAMP AVERAGE WEIGHT (last 3 weigh-ins)** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Choose your data (pages 2-4) ☐ Book your scan(s) ☐ Recomp Calculator visit 1 ☐ *Goals & Calculations*: What You Want, Your Targets ☐ Scan results to page 5

ON RAMP SUPPORT SHEET

OPTIONAL EXTRA ON RAMP WEEK

Grey = optional

Only if you're taking an extra On Ramp week. Keep practicing your targets, and weigh in 3 mornings. **Your last 3 On Ramp weigh-ins are your baseline,** *so circle them (they may be on this sheet).*

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *practice · 3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **ON RAMP AVERAGE WEIGHT (last 3 weigh-ins)** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Finish anything left on last week's to-do list

WEEK 1 SUPPORT SHEET

2-WEEK TEST WINDOW

Grey = optional

Your 2-week test can start any week from Week 1 to Week 4 (see Your 2-Week Test in Goals & Calculations). Mark the box below when this is a test week.
Fill in each spot using The 5 Signs Review (page 7); weekend tune-ins are optional.

THIS WEEK IS: ☐ Test week 1 ☐ Test week 2 ☐ Not a test week

Test weeks: weigh in at least 3 mornings (daily is even better).

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x+ in test weeks*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

WEEK 2 SUPPORT SHEET

2-WEEK TEST WINDOW

Grey = optional

RECOMP CALCULATOR

Your 2-week test can start any week from Week 1 to Week 4 (see Your 2-Week Test in Goals & Calculations). Mark the box below when this is a test week.
Fill in each spot using The 5 Signs Review (page 7); weekend tune-ins are optional.

THIS WEEK IS: ☐ Test week 1 ☐ Test week 2 ☐ Not a test week

Test weeks: weigh in at least 3 mornings (daily is even better).

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x+ in test weeks*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6; if this was test week 2, also to My Numbers)*

THIS WEEK'S TO-DOS: ☐ Test week 2? Copy this average to My Numbers in *Goals & Calculations* ☐ Then Recomp Calculator visit 2 (see Interpreting Your 2-Week Test)

WEEK 3 SUPPORT SHEET

2-WEEK TEST WINDOW

Grey = optional

RECOMP CALCULATOR

Your 2-week test can start any week from Week 1 to Week 4 (see Your 2-Week Test in Goals & Calculations). Mark the box below when this is a test week.
Fill in each spot using The 5 Signs Review (page 7); weekend tune-ins are optional.

THIS WEEK IS: ☐ Test week 1 ☐ Test week 2 ☐ Not a test week

Test weeks: weigh in at least 3 mornings (daily is even better).

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x+ in test weeks*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6; if this was test week 2, also to My Numbers)*

THIS WEEK'S TO-DOS: ☐ Test week 2? Copy this average to My Numbers in *Goals & Calculations* ☐ Then Recomp Calculator visit 2 (see Interpreting Your 2-Week Test)

WEEK 4 SUPPORT SHEET

2-WEEK TEST WINDOW

Grey = optional

RECOMP CALCULATOR

Your 2-week test can start any week from Week 1 to Week 4 (see Your 2-Week Test in Goals & Calculations). Mark the box below when this is a test week.
Fill in each spot using The 5 Signs Review (page 7); weekend tune-ins are optional.

THIS WEEK IS: ☐ Test week 1 ☐ Test week 2 ☐ Not a test week

Test weeks: weigh in at least 3 mornings (daily is even better).

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x+ in test weeks*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6; if this was test week 2, also to My Numbers)*

THIS WEEK'S TO-DOS: ☐ Test week 2? Copy this average to My Numbers in *Goals & Calculations* ☐ Then Recomp Calculator visit 2 (see Interpreting Your 2-Week Test)

WEEK 5 SUPPORT SHEET

Grey = optional

RECOMP CALCULATOR

Started your 2-week test in Week 4? This is test week 2; mark the box below.
Fill in each spot using The 5 Signs Review (page 7); weekend tune-ins are optional.

THIS WEEK IS: ☐ Test week 1 ☐ Test week 2 ☐ Not a test week *Test weeks: weigh in at least 3 mornings (daily is even better).*

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ *B* ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x+ in test weeks*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6; if this was test week 2, also to My Numbers)*

THIS WEEK'S TO-DOS: ☐ Test week 2? Copy this average to My Numbers in *Goals & Calculations* ☐ Then Recomp Calculator visit 2 (see Interpreting Your 2-Week Test)

WEEK 6 SUPPORT SHEET

OPTIONAL METRICS CHECK WINDOW

Grey = optional

Optional: take your Weeks 6-7 metrics (photos, clothing fit, and a scan if you're getting one) this week or next, before Week 8. Record them in the Weeks 6-7 column of My Metrics At A Glance, page 5.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Weeks 6-7 metrics (this week or next) to page 5

WEEK 7 SUPPORT SHEET

OPTIONAL METRICS CHECK WINDOW

Grey = optional

Last chance for your optional Weeks 6-7 metrics; record them in the Weeks 6-7 column on page 5. Heads-up: next week is your Week 8 maintenance week and deload.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Weeks 6-7 metrics to page 5, if not done yet

WEEK 8 SUPPORT SHEET

MAINTENANCE WEEK + DELOAD

Grey = optional

RECOMP CALCULATOR

Update your maintenance in the Recomp Calculator (choose "It's Week 8"), eat at it this week, and record your new numbers in My Numbers (Goals & Calculations). A small scale bump is water and glycogen, not fat. **Deficit started in Week 5 or later? Maintenance is optional this week.** *Not weighing yourself, and no Week 6-7 scan? Skip the update and eat at your On Ramp maintenance guess. Either way, take your deload (lower-volume workouts).*

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ *B* ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Recomp Calculator visit 3 (choose "It's Week 8") ☐ New numbers to My Numbers in *Goals & Calculations*

WEEK 9 SUPPORT SHEET

Grey = optional

Fill in each spot using The 5 Signs Review (page 7). Cycle phase is completely optional, and so are weekend tune-ins. Make notes as needed.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

WEEK 10 SUPPORT SHEET

Grey = optional

Fill in each spot using The 5 Signs Review (page 7). Cycle phase is completely optional, and so are weekend tune-ins. Make notes as needed.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

WEEK 11 SUPPORT SHEET

Grey = optional

Fill in each spot using The 5 Signs Review (page 7). Cycle phase is completely optional, and so are weekend tune-ins. Make notes as needed.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

WEEK 12 SUPPORT SHEET

RECOMMENDED METRICS CHECK WINDOW

Grey = optional

Recommended: take your Weeks 12-16 metrics at least 6 weeks after your last scan, and before the last week of Recomp, under the same conditions as before. Record them in the Weeks 12-16 column on page 5.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Weeks 12-16 metrics to page 5 (once, by Week 15)

WEEK 13 SUPPORT SHEET

RECOMMENDED METRICS CHECK WINDOW

Grey = optional

Recommended: take your Weeks 12-16 metrics at least 6 weeks after your last scan, and before the last week of Recomp, under the same conditions as before. Record them in the Weeks 12-16 column on page 5.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Weeks 12-16 metrics to page 5 (once, by Week 15)

WEEK 14 SUPPORT SHEET

RECOMMENDED METRICS CHECK WINDOW

Grey = optional

Recommended: take your Weeks 12-16 metrics at least 6 weeks after your last scan, and before the last week of Recomp, under the same conditions as before. Record them in the Weeks 12-16 column on page 5.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Weeks 12-16 metrics to page 5 (once, by Week 15)

WEEK 15 SUPPORT SHEET

RECOMMENDED METRICS CHECK WINDOW

Grey = optional

Recommended: take your Weeks 12-16 metrics at least 6 weeks after your last scan, and before the last week of Recomp, under the same conditions as before. Record them in the Weeks 12-16 column on page 5.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Weeks 12-16 metrics to page 5 (once, by Week 15)

WEEK 16 SUPPORT SHEET

FINAL WEEK

Grey = optional

Last week of Recomp! If you took your Weeks 12-16 metrics, make sure they're recorded on page 5. Fill in each spot using The 5 Signs Review (page 7).

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Weeks 12-16 metrics recorded on page 5