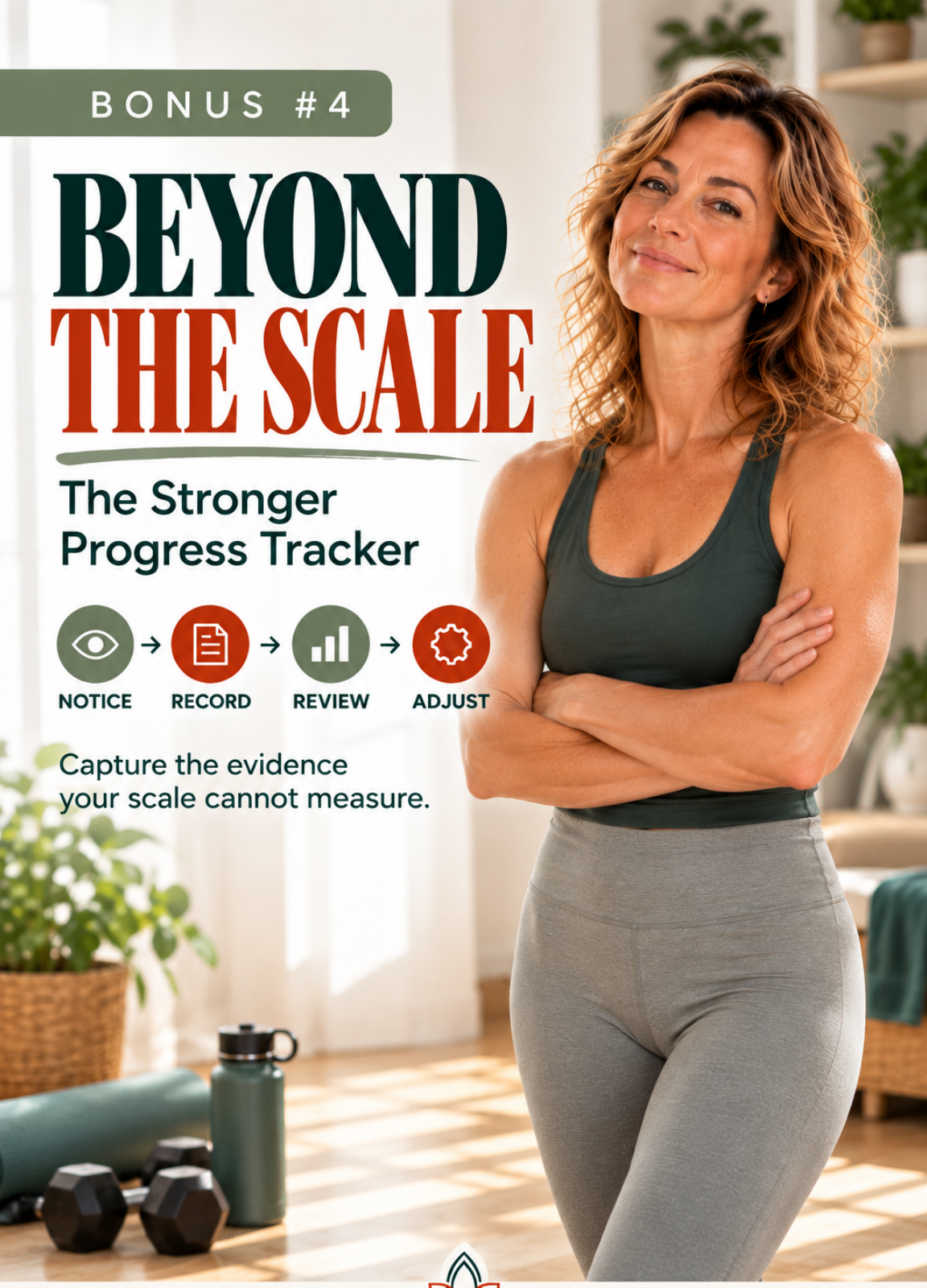
BONUS #4

BEYOND THE SCALE

The Stronger Progress Tracker

NOTICE → RECORD → REVIEW → ADJUST

Capture the evidence your scale cannot measure.



STRONG WOMAN SYSTEM

START HERE

THIS IS A TRACKER - NOT ANOTHER BOOK

The Main Guide changed what you notice. This tool helps you capture the evidence. Use it to record a starting snapshot, weekly observations, strength progress, real-life wins, consistency, monthly reviews and longer-term changes.

THE SCALE IS DATA, NOT A GRADE.

Use weight for what it can tell you. Use other measures for the rest.

YOUR FOUR MEASURES

WEIGHT TREND — What is the longer-term pattern, if tracking weight is useful and appropriate for you?

STRENGTH — What can you do with more control, confidence or appropriate challenge?

FUNCTION — What is becoming easier in real life?

CONSISTENCY — Are you becoming better at following and returning to the system?

STARTING SNAPSHOT

WHERE ARE YOU STARTING?

Date:

_____

Weight trend or starting weight, if you choose to track it (lb):

_____

A strength movement I want to watch:

_____

A real-life task I want to feel easier:

_____

A habit I want to become more consistent with:

_____

I want to feel strong enough to…

_____

THIS IS A BASELINE.

Not a grade. Not a prediction. Just useful information.

BONUS 4

STRONG WOMAN SYSTEM

MY PROGRESS SNAPSHOT

Track what really matters. Small steps. Big results.

WEEK OF: _____

1 WEIGHT TREND

Look for the overall trend, not daily changes.

WEEK 1	WEEK 2	WEEK 3	WEEK 4
_____ lb	_____ lb	_____ lb	_____ lb

NOTES
(Trend, not perfection):

_____

2 STRENGTH

Notice when everyday things feel easier.

WEEK 1	WEEK 2	WEEK 3	WEEK 4
_____ Reps	_____ Reps	_____ Reps	_____ Reps

NOTES
(What feels stronger?):

_____

3 FUNCTION

Track your everyday movements.

WEEK 1	WEEK 2	WEEK 3	WEEK 4
_____ Minutes	_____ Minutes	_____ Minutes	_____ Minutes

NOTES
(What's easier now?):

_____

4 CONSISTENCY

Show up for yourself.

WEEK 1	WEEK 2	WEEK 3	WEEK 4
☐☐☐ / 7 days	☐☐☐ / 7 days	☐☐☐ / 7 days	☐☐☐ / 7 days

NOTES
(What helped you stay consistent?):

_____

THIS MONTH I'M PROUD OF:

_____

_____

_____

MORE THAN A NUMBER.
A STRONGER, HEALTHIER YOU.

Use this as a quick visual snapshot. For deeper tracking, use the dedicated logs that follow.

WEEKLY EVIDENCE LOG

Use one page each week. Short notes are enough.

WEEK OF:

WEIGHT TREND — What does the pattern show, if I am tracking it?

STRENGTH — What felt easier, more controlled or more familiar?

FUNCTION — What felt easier outside the workout?

CONSISTENCY — What did I do more reliably?

ONE WIN I ALMOST MISSED:

ONE THING I WANT TO NOTICE NEXT WEEK:

NOTICE. DON'T JUDGE.

A blank line is information too.

STRENGTH PROGRESS LOG

Track the quality of the movement, not only a number.

Movement:

Starting version / setup:

What feels more controlled now?

What feels more familiar now?

Has the current version become too easy, appropriately challenging, or too much?

If a progression is appropriate, what ONE thing changed?

Use The Starter Kit when you need the movement card or progression decision tree.

FUNCTION

REAL-LIFE WINS

Function is where physical capacity becomes useful.

Standing / getting up:

Carrying groceries, bags or a suitcase:

Walking / stairs:

Household tasks:

Travel / active time with people I care about:

Another everyday task that feels different:

PROGRESS CAN BE QUIET.

If life feels a little easier, record it.

CONSISTENCY & RETURN LOG

Consistency is not a perfect streak. It includes returning after disruption.

What did I follow through on?

What made the useful action easier?

What created friction?

Did I use Plan B or the Low-Energy Day Plan?

If I missed something, how quickly did I return?

What decision can I make easier next time?

RETURNING COUNTS.

You are building a system you can come back to.

MONTHLY REVIEW

WIDEN THE LENS

WEIGHT TREND

What does the longer-term pattern show, if I'm tracking it?

STRENGTH

What has become easier, more controlled or more familiar?

FUNCTION

What feels different in real life?

CONSISTENCY

What am I doing more reliably?

ONE AREA THAT DESERVES MY ATTENTION NEXT:

REVIEW → ADJUST

Choose one useful next focus. You do not need to change everything.

90-DAY LOOKBACK

WHAT CHANGED OVER TIME?

Look back across several weeks before reacting to one day.

What does my weight trend show, if I tracked it?

Which strength movements changed most?

Which real-life tasks feel easier?

Which habits became more reliable?

How did I handle disruptions differently?

What am I proud I followed through on?

What support or guidance do I need next?

LOOK FOR PATTERNS, NOT PERFECTION.

Longer-term evidence is more useful than one noisy day.

BEFORE YOU REACT

If a scale reading frustrates you, widen the lens before changing everything.

☐ Am I reacting to one measurement or a meaningful trend?

☐ What strength evidence do I have?

☐ What feels different in real life?

☐ What have I actually been doing consistently?

☐ Is there a health or treatment question that belongs with my healthcare team?

MAKE THE NEXT APPROPRIATE DECISION.

Do not independently change prescription medication based on a scale reading or this tracker.

QUICK REVIEW

MY BETTER SCOREBOARD

WEIGHT TREND — MY CURRENT EVIDENCE:

_____

STRENGTH — MY CURRENT EVIDENCE:

_____

FUNCTION — MY CURRENT EVIDENCE:

_____

CONSISTENCY — MY CURRENT EVIDENCE:

_____

THE ONE AREA I WANT TO PAY ATTENTION TO NEXT:

_____

ONE MEASURE CAN'T DO FOUR JOBS.

Use the right measure for the right question.

FINAL REMINDER

CAPTURE THE EVIDENCE

This tracker does not measure body composition and it cannot diagnose why something changed. It gives you a structured way to notice patterns in weight, strength, function and consistency.

Use it often enough to learn from your own experience - not so often that tracking becomes another source of pressure.

NOTICE → RECORD → REVIEW → ADJUST

The goal is better decisions, not a perfect score.

IMPORTANT NOTE

This tracker provides general educational and organizational information. It does not provide individualized medical, nutrition, physical therapy or exercise advice. Bring medical concerns, concerning symptoms, medication or treatment questions, and individualized nutrition or exercise needs to an appropriate qualified professional.