



Module 6 Homework Checklist

- ☐ Continue to track your Thoughts, Feelings and Actions in your **TFA Tracker Worksheet** (M2, L3, PDF6), identify the gear its in & REFRAME your thinking.
- ☐ Continue to Log Measurements on your **Weekly Macro/Measurement Log** (M1, L3, PDF3). Remember, this will be done once a week and will be a quick guide for you to use for adjustments.
- ☐ This week keep logging food (PRE PLAN) and continue to reach your DAILY Macro Goals +/- 5grams.
- ☐ Each week as you continue your Reverse Diet ask yourself honestly if you need to adjust up or down?? Check your weight/measurements as a reference and adjust as needed. If you can't remember how to do this, go back to the **Reverse Dieting Video from Module 3** or the **Reverse Dieting Cheat Sheet** (M3, L3, PDF4).
- ☐ Plan your macros ahead by meal. While you are learning, this is key to success!
- ☐ Call us, get plugged in and check out our other classes, workshops, live events and training that we offer at www.fitbodyfusion.com.
- ☐ Quiz Time! To GRADUATE, answer the online questions. You must get 5 out of 6 questions correct to move on. If you miss more than one you get to take it again. Once you've passed download your Certificate of Completion. Congratulations you've earned it!