



**The TurnFit
Method**

Invisible Progress Checklist

Just because you can't see it yet doesn't mean it isn't working. Use this checklist to track the powerful, subtle wins that show your body and mind are transforming — even before the mirror catches up.

Body + Energy

- ☐ You wake up with more energy
- ☐ You're no longer crashing mid-afternoon
- ☐ Your joints don't ache as much
- ☐ You're sleeping deeper and waking up rested
- ☐ You feel more mobile/flexible doing everyday tasks
- ☐ Your workouts feel easier — or you're lifting heavier with less effort
- ☐ You're less sore after workouts
- ☐ You've stopped "needing" pre-workout just to show up

Mindset + Mood

- ☐ You're less anxious or stressed overall
- ☐ Your confidence is higher — in and out of the gym
- ☐ You feel more resilient when life throws curveballs
- ☐ You actually **want** to move your body (instead of forcing it)
- ☐ You bounce back faster from a "bad day" or missed workout
- ☐ You're more patient — with your body and the process

Nutrition Wins

- ☐ You're not obsessing over food as much
- ☐ You're eating slower and stopping when full
- ☐ You naturally choose more nutritious options
- ☐ Cravings are less frequent or intense

- ☐ You're drinking more water without thinking about it
- ☐ You no longer feel "guilty" for eating a cookie
- ☐ Your digestion is better (less bloating, gas, etc.)



Habits + Consistency

- ☐ You're more consistent than ever (even if it's not perfect)
- ☐ You've built a weekly workout routine that you *actually* stick to
- ☐ You take the stairs without noticing
- ☐ You've stopped skipping meals or binging
- ☐ You stretch, walk, or breathe deeply — just because it feels good
- ☐ Your gym bag is always ready, and showing up feels automatic
- ☐ You're more aware of posture and alignment throughout the day
- ☐ You recover quicker between sets and workouts



Life Wins That Matter

- ☐ Your clothes fit better — even if the scale hasn't changed
- ☐ You feel stronger doing chores, walking the dog, or carrying groceries
- ☐ You're proud of your effort (not just results)
- ☐ You celebrate small wins instead of chasing perfection
- ☐ People around you notice your glow, your energy, your strength