Write it Down, Watch it Happen

Maintaining a journal can help keep you accountable as you work toward your fitness goals.

WORKOUT JOURNAL

NOCIE'S JOURNALING TIPS
1. Get a work-out notebook, a sticky notepad, or any notes book. Write in it and make it your own. Keep it at your side.
2. Determine your goal and write it on the first page. Do you want to lose weight, add muscle or be toned? Get specific. Where do you stand?
3. Be consistent. Journals are always fun to look back on. You will see how much you have improved.
4. Be honest with yourself. No one else has to see it.

THEN AND NOW

ADELA GARCIA

This picture is from the 2011 Arnold Fitness Weekend, the first time I met Adele Garcia. I had competed in my first fitness contest, where the muscles were smaller, and had entered my class. I'd tasted victory at the pro-amateur level and entered the first class of the AFA. At the time, Adele was still in her training era.

WHAT'S ON MY IPAD

THE WHITE TIE APPAREL black top and tights

THE BLACK EYES BEACH BOD

QUICK HITS

BAND AID: As you've heard me say before, keeping your knees protected is key. Make sure you have a Band-Aid or a wrap to wrap around your knees.

FOR COMPETITORS: When you train for a competition, it's important to remember the psychological aspects of training. Stay focused on your goals and maintain a positive attitude.