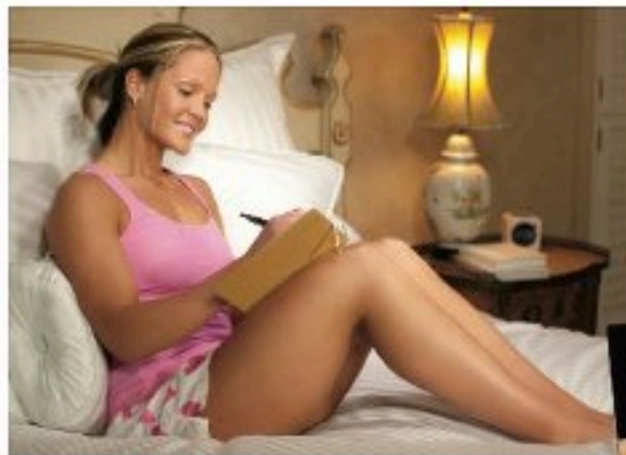


Write it Down, Watch it Happen

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



so I don't forget. I take after my mom in this respect: when I lose motivation and couldn't tell where I'd end up or where I'd go, I'd write down what I was thinking and then lie down. It worked every time.

Each person has a unique way of journaling, there's no right or wrong way to do it. But if you have trouble reaching your goals, your life gets messy and hectic or there's just a nagging feeling that you're not doing it right, try it. Hopefully it'll work and will be your secret door to red.



If you see any of my personal-training clients, they'll tell you I've suggested that they journal everything they do on a regular basis—even if they were unsuccessful during it.

People consistently ask me why they can't seem to lose weight or reach their goals, no matter how clean they eat and how much they exercise. But once they have a good journal for at least a week, they'll be shocked at what they find. I think that they're also here many times they stopped at in the office DMAM jar. These clients would say that their pounds weigh roughly 200 lbs, and one handful of M&M's each day adds up to more than half that in a week. That's not including the regular coffee with cream or bites of pizza

each two or three before bed. Journaling is a way to write down your thoughts, feelings and emotions. It doesn't have to be about nutrition if that's already a strong point. Maybe you have a lot going on in your life or you want to get stronger in the gym. Maybe, like me, you take on a lot of responsibilities and need to journal to keep from falling behind. For all journaling, record the weights, reps and sets you use, note taking and diary writing are all positive methods of staying focused, achieving your goals and—hello!—even—reducing stress.

I don't always write down what I eat (I usually eat the same things every day) or what my workouts are. Because I obtain those to go ahead. However, the change

in my eating and note taking. I have a note every where and my clients do it in my gym at all times. This allows me to stay on top of things and gives me a sense of accomplishment as I cross items off the list. If I have an idea, I list it down.

NICOLE'S JOURNALING TIPS

1. Get a small notebook, a sticky notepad or an agenda book. Decorate it and make it your own. Keep it with you.
2. Determine your goal and write it on the first page. Do you want to lose 20 lbs? Did you get stronger? Reduce stress? Feel accomplished?
3. Be consistent. Journals are always fun to look back at. All have written them right a week and daily nutrition log for 10 years ago. Hit that!
4. Be honest with yourself. No one else has to see it.

PHOTOGRAPHY: JESSICA WILKINS LEE; STYLING: JESSICA WILKINS LEE

THEN AND NOW

ADELA GARCIA



This first picture is from the 2009 Arnold Fitness Weekend, the first time I met Adela Garcia. I had competed in my first fitness contest about six months earlier and had won my class. It'd been a while of the pro fitness competitors and wanted to be one of them, and Adela was and still is an inspiration to me.



This picture is Adela and me after we won our respective Olympia titles in 2011. I was my first Figure 1 and Adela was her fourth Fitness 1. How time flies, and how amazing it feels to see my first your guide!

WHAT'S ON MY PLO



5:30 P.M.
A pull-up that I've done on the road.



THE WHITE TEA APPAR
CARLE 100K
(AND MORE)
➔ I'm on the way to the 100K.



KATY PERRY CALIFORNIA GIRLS
➔ I'm on the way to the 100K.



THE BLACK EYE PEAS
ROCK THAT BODY
➔ A 100K speed walk on a beautiful day.



THE 100K
➔ I'm on the way to the 100K. I'm on the way to the 100K. I'm on the way to the 100K.

THE 100K
➔ I'm on the way to the 100K. I'm on the way to the 100K. I'm on the way to the 100K.

ASK NICOLE

Q: Could you give me an example of your favorite HIIT workout?
—*Constance F., Atlanta*

A: Absolutely! I'm doing my workouts on the weekend.

4 reps 2 min
Squat
6.5 reps 1 min
8 reps 1 min
6.5 reps 1 min
9 reps 1 min
6.5 reps 1 min
10 reps 1 min

Repeat last two three sets 20 times

6 reps 1 min
4 reps 3 min
Cool-down

TOTAL TIME: 30 min.
Don't forget to stretch after this workout. If the speed is too much, slow down or shorten the length of the intervals.



QUICK HITS

BAND AID If you have a hard time keeping your diet, M&M's is a great treat. M&M's are low in fat and high in protein, so they're a great addition to your diet. You can find them at www.mms.com.

FOR COMPETITORS If you're looking for a new challenge, try the 100K. It's a great challenge and a great way to test your endurance. You can find it at www.100k.com.