



# BIOFEEDBACK

- Biofeedback literally translates to "***feedback from your body***" - it is what we mean when we say "listen to your body"
- Biofeedback is a ***reflection of how your body is responding to the habits, nutrition, and training protocols you are practicing***. This helps give direction to whether or not what you are doing is WORKING and whether or not a CHANGE is required.
- Biofeedback is also an ***INDICATOR OF PROGRESS*** just like scale weight, measurements, and photos - For example - less cravings, more energy, better digestion = positive progress!

Your body is SMART and communicates whether or not it is happy with how you are treating it.

The problem is, we often do not listen to the signs our body gives us. We tend to "push through" despite these loud and clear signals. Unfortunately, this will catch up with us eventually as the signals can lead to much more significant issues if ignored for a long period of time.

We are going to teach you WHY it is important to listen to your body and honour the signals you are receiving

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We use an acronym called **SHREDS** in order to assess your Biofeedback - here are some things to think about when assessing how you are feeling and what your body is trying to communicate with you

*\*\*\*SHREDS is a term coined by Sam Miller*

## SLEEP



- Are you getting enough sleep? (7h+)
- Is your sleep high QUALITY - are you sleeping through the night? is it easy to fall asleep?
- Do you feel well rested after you wake up?

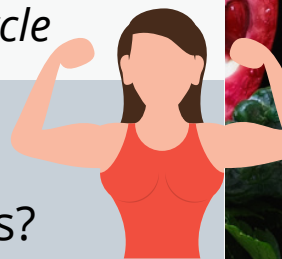


## HUNGER/CRAVINGS

- how high is your hunger throughout the day and is it controlled by the next meal - remember if you are in a fat loss phase, some hunger is NORMAL, but you don't want to be white-knuckling all day long
- how high are cravings? if you honor your cravings are they easily satisfied?

*\*Women, remember to note if this changes around your cycle*

## Recovery/Training



- are you recovering well from your training sessions?
  - are you motivated to do your training?
- how do you feel AFTER your workouts? are you more energized or do you feel drained afterwards?
- are your training sessions improving regularly (ie are you able to increase the amount you lift)

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## ENERGY

- how are your energy levels throughout the day?
- also of note here, how is your mental clarity?  
Do you experience brain fog?



## DIGESTION

- are you having regular bowel movements?
- are you bowel movements normal consistency  
(see bristol stool chart for what "normal" looks like)
- are you having any negative GI symptoms such as bloating, abdominal pain, cramping, excess gas

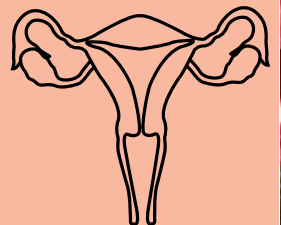


## STRESS

- what do your stress levels look like?
- if they are high, do you have strategies in place to manage?
- is your ability to cope with stress lower than typical for you?
- are you experiencing anxiety or depression-like symptoms?

## PERIOD STATUS

are your cycles regular? have you missed any?  
are your symptoms severe or mild?  
note any changes from YOUR normal



*\*\*\*highly recommend tracking your cycles in an app (ie "flo" app)*

## REMEMBER....

***your body wants to PROTECT you, so by optimizing these areas of your life, you are in turn increasing the chances of success in your health, body composition, and training efforts***