Remote Coaching: Let’s do it!!!!

I will email you a “Nutrition Basics” document that outlines how and what to eat as well as some basic nutrition info (what macronutrients are basically and how to best fuel your body for performance). The document will also cover how to food prep and why meal prepping and planning important in order to best set yourself up for success.  ***A lot of people just do the "if it fits your macros" and eat whatever they want as long as it fits. I would not recommend this although I do want people to be able to keep SOME foods in that they like to discourage “cheating”- so there is some flexibility***.

I will calculate a baseline of what macronuturients numbers to hit based on your goals- These numbers will be in the form of totals for the day as well as meal/snack breakdowns. You will also get a ball park calorie count for the day as well (we will be focused on the macros- but calories are still important).

**MyFitnessPal**

I will provide you electronic instructions on exactly how to use myfitnesspal (the free version) to make sure your meals fit the break downs I give you. I'll give you instructions on how to "friend" me, so that I can check your meals and make sure everything looks good/give feedback etc. You don’t have to log meals forever- just at first to get you started on the right track.

**Weight Tracker**

I will provide you with a shared excel spreadsheet that includes two tabs- one for data and one with a graph depicting a trend line based on the data you enter.  This will give us information about whether or not what we are doing is working for you.

**Bodyweight and Food Scale**

To be successful you’ll need a basic body weight scale, a food scale (you will be weighing and measure your foods to make sure they hit the macro break downs exactly) - I use this [food scale](https://www.amazon.com/Etekcity-Multifunction-Stainless-Batteries-Included/dp/B0113UZJE2/ref%3Dsr_1_2_sspa?ie=UTF8&qid=1512044969&sr=8-2-spons&keywords=food+scale&psc=1)

In addition, I'll have you take **progress pics** prior to starting and every two weeks to show body composition changes that the scale might not show (pics are for you, you don't need to share these with me).

You’ll have complete access to me via phone, email, text, etc. while you are doing this. You might need me a lot at first but once you get rolling you will totally get the hang of it and be off and running. I will check in on you a lot in the beginning to help make sure things are running smoothly and that the baseline is working. After the first week we will check how things are working and make any necessary adjustments based on how you feel, the trend line, etc. What I start you on will most likely work, however I will use all the data we take in as you go, as well as your feedback about how you are feeling to make adjustments as needed to make sure you reach your goals.

I am also be available to help with the habit change/psychological side of diet change if need be, through use of information I can share via podcasts, articles, and my own personal experience.

After 3 months or once you hit your goal (whichever comes first) there will be more important information for you to have to maintain that goal, or gain or lose further. I’ll be available to help you with that process.