



FIT BEST
TRAINING

Nutrition Coaching

4-WEEK PRE-COACHING
TRACKING

This is Step 3 of your Nutrition Coaching journey and does NOT form part of the 14-week coaching. For the next 4-weeks, you will get used to using My Fitness Pal and be consistent with your tracking.

Every Monday, you simply take a picture of the week before's tracking sheet and send it to me on Whatsapp.

I will only take on clients for nutrition coaching who have consistently been logging for the 4-weeks prior to the start of the coaching. If you can't commit for 4-weeks on your own, I don't believe that a 14-week challenge is worth wasting your time and money, nor my time. This is not to offend anyone, but rather the opposite. I really want to see you succeed, but I can only give my guidance - you are the one who can implement it and ultimately make the changes required to reach your goals.

During this time you are more than welcome to ask me any questions that you have after working through the Nutrition Guide or with regards to logging your food on My Fitness Pal.

Things to do:

1. Print out the last 4 pages of this document and put it up somewhere where you can write on it everyday.
2. Calculate your Maintenance Calories (you'll eat at maintenance for the full 4 weeks) based on the step goal (amount of steps you currently take on average)
3. Download My Fitness Pal and create an account if you don't have one yet.
4. Send me your MFP link via whatsapp.

To-do-list item 2: Calculate your Maintenance Calories

Go to our website's nutrition tab (www.fitbesttraining.co.za/nutrition) and calculate your current maintenance calories - based on the average steps you give a day at this stage (not what you aspire to reach).

To-do-list item 3: Download My Fitness Pal

The Nutrition Guide has a thorough section on how to download and set up your MFP account. Adjust your settings to reflect the Calorie Goal you have just calculated and do NOT use the calculations that MFP gives you.

If you have any problems, please feel free to contact me.

To-do-list item 4: Send me your MFP link via Whatsapp

This will enable me to see what foods your are physically logging, instead of only seeing the total amounts on the tracking sheets which you will send me via Whatsapp.

On the internet (NOT on the App):

Log in > go to Settings > go to Diary Settings > scroll down to Diary Sharing > make sure it is on Public > click on Save Changes.

And send me a picture of the blue link displayed on your screen (as shown below)

Diary Sharing:

- Private
- Public
- Friends Only
- Locked with a key

Change Diary Sharing

The privacy settings of your food and exercise diaries can be set to Private (viewable only by you); Public (viewable by anyone); Friends Only (viewable only by your MyFitnessPal friends); or Locked (viewable only with a password).

Your diary can be viewed at:

<https://www.myfitnesspal.com/food/diary/rencheseyffert>

SAVE CHANGES

CANCEL



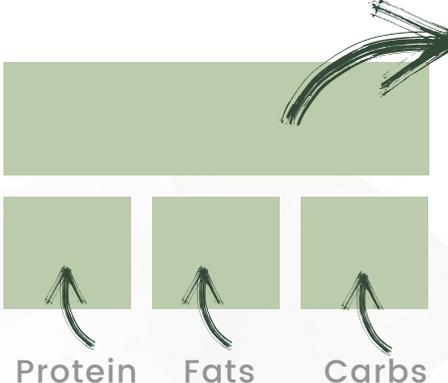
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You will see this on the following pages:

Step Goal:

Fill in the amount of steps you aim to complete every day - based on the activity level you chose.

Calorie & Macro Goals:



Fill in the daily calorie goal you have calculated.

Fill in the macro breakdowns calculated. (Not required for pre-coaching phase)

Protein Fats Carbs

As well as this:



These symbols are short for:

-  - **Steps:** Fill in the actual amount of steps you have reached for the day.
-  - **Calories:** Fill in the actual amount of calories you have consumed for the day.
-  - **Macro Breakdowns:** Tick off the days when you have reached your breakdown goals. For the pre-coaching phase you can ignore this block, we'll only look at it during the coaching phase.
-  - **Workouts:** Tick off the days when you have completed your scheduled workouts.
-  - **Sleep:** Tick off the days when you had 7-8+ hours of sleep.
-  - **Water:** Tick off the amount of water you consumed per day. Each glass is 250ml, thus a minimum of 2 liters per day.

Pre-Coaching Week 1

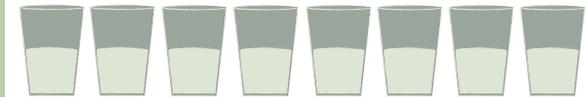
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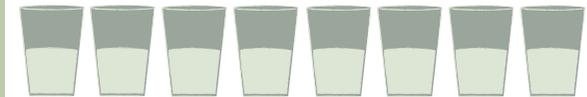
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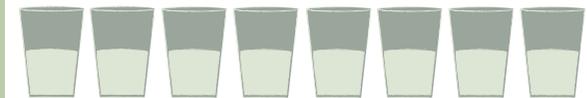
MON



TUE



WED



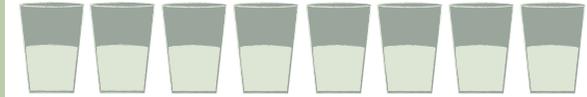
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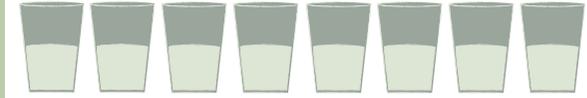
FRI



SAT



SUN



Weekly Average



Pre-Coaching Week 2

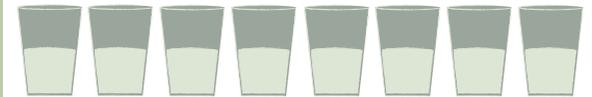
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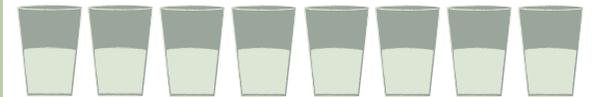
Calorie & Macro Goals:



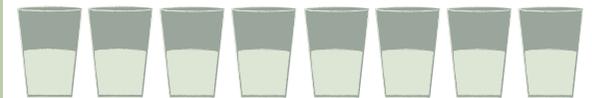
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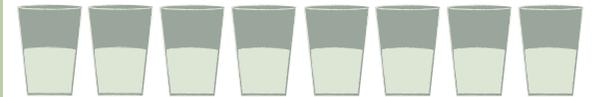
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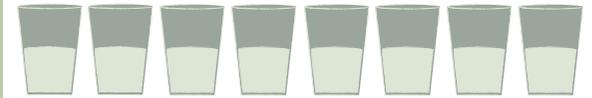
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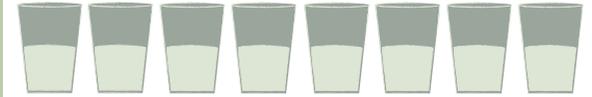
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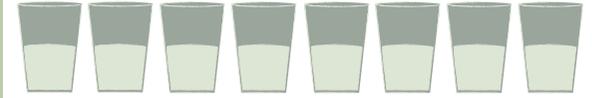
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Weekly Average



Pre-Coaching Week 3

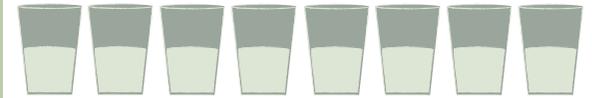
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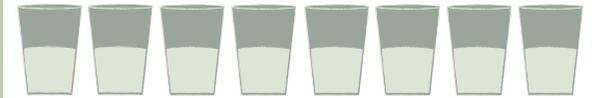
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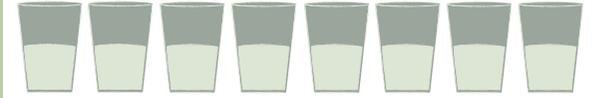
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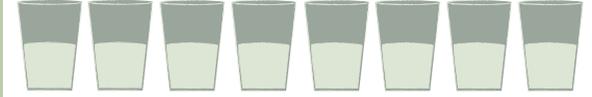
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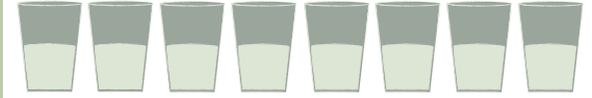
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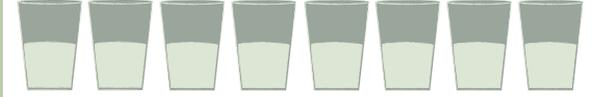
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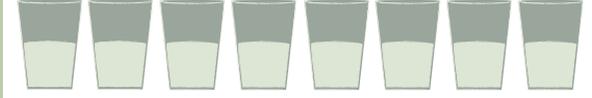
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Weekly Average



Pre-Coaching Week 4

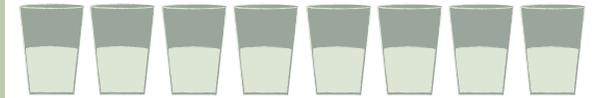
Step Goal:



Calorie & Macro Goals:



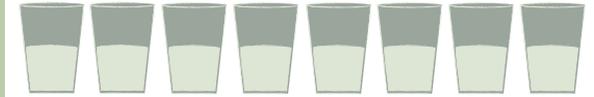
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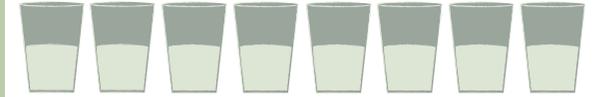
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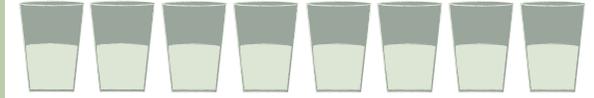
WED



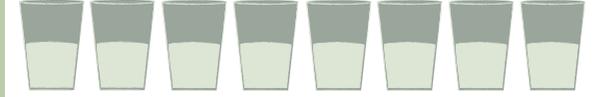
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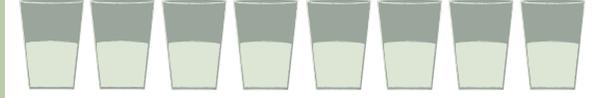
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Weekly Average

