

NUTRITION COACHING STARTER GUIDE

COMPLETE PRIOR TO CONSULT



BODY WEIGHT & BODY FAT %

Body Scale: <https://amzn.to/3oMEcXW>

Getting Set-up:

Purchase a body weight scale that you can track **both** weight & body fat percentage on. There are plenty of affordable options online - I use the Arboleaf scale in the link above! It pairs with my phone *and* lets me connect to my clients (optional) so we can track numbers together.

Acquiring the Numbers:

As soon as you wake up, **before** you eat or drink anything, and **after** you use the bathroom, weigh yourself nude to track your weight & body fat. If you feel more comfortable with clothing, choose your "scale outfit" and weigh yourself with the **same** clothing (underwear, robe, etc) each time. For the body fat metric to work, you can't wear shoes or socks.



CURRENT CALORIES

App: [MyFitnessPal](#)

Food Scale: <https://amzn.to/3oKYUrl>

Track your food for at least 3 consecutive days: Thursday, Friday & Saturday. Download a food tracking app (MyFitnessPal is a great free option!) and record everything you eat - breakfast, lunch, dinner, snacks, drinks, even gum. Use a food scale to be exact.

This will start to give an idea of what your eating habits are - when you're eating, how much you're eaten, what you're eating, & how those habits may change throughout the week. However, it only works if you track **honestly** - no self-judgment!



VISUAL TRANSFORMATION

Measurements: Grab a tape measure and record chest, waist, hips/butt, and thigh. When you record thigh, make sure you're sitting down with your feet flat and knee bent to 90 degrees. Pro Tip: use freckles & moles as landmarks so you can track in the same spot every time!

Photos: You can share these with me or with your social media if you want as a part of your journey. Even if you choose to show nobody, this step is important because the scale doesn't always show drastic changes, and when you feel stuck down-the-line, feeling that you're not making any progress, you can look back at your pictures to really see how far you've come.