

MACRO GUIDERBOOK

Macro Guidebook



COACHED BY

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“DREAM BIG, START SMALL”



How to Use Your Nutrition Plan

Below we explain the stepwise process to getting the most out of your CBA Nutrition Plan:

Understanding your Customized Macros

Your “macros” are composed of 4 values that will serve as the baseline and guideline for all of your food choices. These values are namely: PROTEIN, FATS, CARBOHYDRATES and CALORIES. Using the information you have provided us in your Client Intake Form (or any other data we may have available about you), we have allocated you customized macro values to ensure your greatest success in meeting your personal physique goals.

Carbs

Fat

Protein

Macros and Meal Planning

Through the use of the food options given for each macro in this booklet, your goal is to compose your daily food intake with items that will add mathematically to total your custom macro values.

You are encouraged to look ahead of time and pre-plan your nutrition regime for the week OR you may plan ahead each day utilizing the items that are the most readily available and convenient for you.

If you are using the items and the corresponding number values that are listed in this book, then you are NOT required to track your food using an app. If you wish to utilize a macro-tracking app opposed to the information listed here, this can be done at your discretion.

It is important to note that that the macro content of each item in this book has been **ROUNDED** to the nearest whole value to give you to the opportunity to add your macros more simply. If you are adding these items into a macro-tracking app, it will be normal for the values to be slightly skewed from those found in this guide.



How to Use Your New CBA Nutrition Plan

Your Food Choices and Food Timing

Although food pairing and timing may be small needle-moving focusses when altering body composition, the **MOST** important factor in creating change is the consumption of the accurate grams of **PROTEIN**, **FATS** and **CARBOHYDRATES** each day. It is important to also value high nutrient density food choices whilst also encouraging flexibility and variety within your diet.

You are **NOT** required to allocate a certain amount of macros at certain times of your day, although you are always encouraged to be realistic with your choices throughout your day to ensure you are not ever left famished. For example, if you only have 1500 calories to use in a day and decide to enjoy a 900-calorie breakfast, you are not setting yourself up for success leaving only 600 calories to fuel you for the rest of your day. Your total macros are meant to represent your food consumption from the time you wake, to the time you fall asleep.

Trace Macros

Please be cognizant that not every food product can be classified as **ONLY** a protein, fat or carbohydrate and oftentimes will be represented in more than one category. These "trace macros" also need to be accounted for and will be represented in the **NOTES** section with a corresponding number and colour. Do not forget to include these in your daily totals.

For example, 90g of Extra Lean Ground Beef will provide you 20g of protein but will **ALSO** provide you 10g of fat. When choosing this item in your daily intake, you count **BOTH** of these numbers and place them under their corresponding headings.

A Detailed Example

Below you will find a sample macro set and an example of a daily meal plan that could correspond with them.

Custom macro numbers are created based upon someones **BMR** (Basal Metabolic Rate) as well as their intended exercise expenditure/activity level and of course, the desired goal or outcome.

Organizing your food program ahead of time for the day or week will guarantee your success at meeting your given values.

How to Use Your New Nutrition Plan

An example of a macro profile designed for a hypothetical macro set

0% Plain Greek Yogurt	150g	15g	5g	0	80
Blueberries	70g	0	10g	0	40
Strawberries	130g	0	10g	0	40
Harvest Crunch Cereal	28g	5	20g	5g	145
Unsalted Nuts	20g	5	5g	10g	130
Whey Protein Isolate	25g	20g	0	0	100
Banana	65g	0	15g	0	60
Plain Rice Cakes	2 Cakes	0	15g	0	60
Philadelphia © Cream Cheese	50g	5	5g	10g	130
Chicken Breast	85g	20g	0	0	80
Flat Out © Protein Up Carb Down Wrap	1 wrap	10g	20g	0	120
Mayonnaise	13g	0	0	10g	90
Mixed Vegetables	100g	0	10g	0	40
Jack Links © Original Beef Jerky	28g	10g	5g	0	60
Premier Protein© Shake	5.5fl oz	15g	5g	0	80
Extra Lean Ground Turkey	110g	25g	0	0	100
Cheddar Cheese	15g	5g	0	5g	65
Brown Rice (cooked)	100g	5g	25g	0	120
Mixed Vegetables	100g	0	10g	0	40
Unsalted Butter	12g	0	0	10g	90
TOTAL:					1670 kcal

Daily Cals
~1630-1680
kcal

Carbs
~150-160g

Fat
~48-52g

Protein
~140-150g

10 Useful Tips

for a Flexible Dieting Lifestyle

When you're a beginner at tracking macros, there's certainly no shortage of new information. Don't be alarmed – this lifestyle approach takes time, patience and an openness to learning! Here are a few tips to help you take your “macro targets” and turn them into a Flexible Diet that suits YOU and YOUR life.

1

"Failing to Plan is Planning to Fail"

By far the easiest way to ensure that you hit your macros is to plan ahead. This can be done by either preparing your meals for the upcoming day, or just knowing what you're going to eat in advance and adding up the macros. This is a great way to become familiar with the basics of tracking, especially for people new to flexible dieting. Planning ahead will also assist in giving you a clearer picture of the types of macros that different foods contain. Think of this as studying for a “macro exam”, you'll probably get a much better grade if you put in a little extra effort the night before!

2

Keep a Running Total as the Day Progresses

If you wait until the end of the day to add up your macros, you'll more than likely be looking at a “miss” on all categories. Tracking as you go is a must. It enables you to keep a running total of your macros as the day progresses so that you know what you have left to work with at any given time. While tracking, if you notice one category—for example “fats”—jump far out in front of the others, you'll know to ease back on it until your carbs and protein are caught up. By tracking as you go, you can prevent that frustrating scenario where you find yourself at bedtime with 80 grams of protein left while being over on fats and carbs. Use an app or phone notepad and put in the effort throughout the day to keep yourself on track!

3

Choose High Fibre and High Volume Carb Options

If you find yourself still very hungry after eating your daily allowance of protein, fat, and carbs, you may want to mix up your food choices. Carb options that are higher in fibre will help you feel fuller, longer. Fruits, vegetables, legumes (beans), and whole grains are all high in fibre, and will do more to satisfy your hunger than sugary cereals, deserts, and other low-fibre carb options. You may also want to try foods that take up more room in your stomach. For example, cream of rice hot cereal has more volume, but fewer carbs and calories than the equivalent amount of rice, which may give you the illusion of eating more and mechanically stimulate a greater feeling of fullness.

4 Get your Food at the Grocery Store

Trying to meet your macro allowance with the majority of your food intake coming from fast food, convenience stores, and restaurants will be tough. Standard practice in the world of prepared food (that's not prepared by you) is to indiscriminately pile up carbs and fats, with a small amount protein. Please be aware of this!

For example, if you purchase a chicken strip meal from a fast food restaurant and do not look up the macros until after you have eaten it, you will likely not realize how badly you could miss your targets. With a large drink, this meal would be an estimated 30g protein, 50g fat, and 280g carbs. Considering that the daily carbohydrate target numbers for moderate fat loss are usually much less than this for an entire day WOULD create a problem.

This type of scenario can be easily avoided by going to the grocery store and stocking up on foods that fit your macro needs, and then preparing some macro -friendly "on the go" snacks at home.

5 Invest in Protein Powder

If you're new to flexible dieting, you may encounter difficulty meeting higher protein targets. Over time, you may discover that there are countless food sources high in protein that you're simply not aware of yet. While you're experimenting with new higher protein foods, you can supplement your protein requirement with Whey Protein Powder (or a dairy-free protein as needed). Look for whey protein that is low in fat and carbs. A typical example would have about 22-25g protein, 1-2g fat, and 3-5g carbs per scoop (serving.) Whey protein powder is a simple and convenient solution to the problem of not being able to meet your daily protein allotment with whole foods, while saving room for the fats and carbs you enjoy.

6 Avoid Eating Desserts Early in the Day

If you decide to indulge in donuts and other macro-dense treats first thing in the morning, you may blow through the majority of your carb and fat allowances well before noon. To stand any chance of hitting your macros, you'll be stuck eating salad and lean protein sources for the rest of the day.

So what happens if you have a 4 donut morning binge? You'll subtract 12g protein, 68g fat, and 136g carbs from your daily targets. For those on fat loss macro targets, this could send you scrambling to troubleshoot for the rest of the day!

7 Take Advantage of Technology

There are many resources available to you that will help you accurately keep track of your macros. There is nothing wrong with using pencil and paper to track, but making use of technology can also simplify your flexible dieting experience!

8

Be Creative and Try New Things

Through their flexible dieting journey and the quest for macro -friendly food options, people often encounter and fall in love with a whole new world of foods. For example, take non-fat, plain Greek yogurt. When this seemingly bland version of yogurt is combined with stevia and your favourite flavour of sugar free/fat free instant pudding mix, it becomes something magical—a high protein, undeniably delicious, and ultra-versatile treat. Experimenting with new foods and new recipes is part of the fun of flexible dieting. This is a **LEARNING** process and will be made fun and enjoyable by staying open to trying new things.

9

It's NOT about saying NO; it's about saying HOW MUCH

The beauty of flexible dieting is that you can eat whatever you want as long as it fits into your macro allowance. What does this mean? It means that you're more than welcome to enjoy a slice of cheesecake without guilt and remorse. It's fine to indulge in a treat that you've structured your day of eating around, but when having those treats (or too many of those treats) means blowing through your macro targets, you're no longer flexible dieting. Remember, flexible dieting is about managing food choices and portion sizes to meet your macros. This is **NOT** about saying NO, rather, saying "HOW MUCH"?

10

Have Patience and be Open to Learning

Deciding to take on make a major lifestyle change and learning curve can be overwhelming. Please keep in mind that the better you get at tracking, the easier it will be to hit your targets. You cannot expect to hit your numbers perfectly right out of the gate- this process takes times. Macros are a learning curve, where you become more proficient at picking and combining foods, choosing portion sizes, and tracking correctly. Eventually, flexible dieting will become second nature. Down the road you may even swap out the food scale and measuring cups for estimations and mindful/intuitive eating. Flexible dieting is a skill you can use at any point in your life when you are looking to make a health and fitness change.

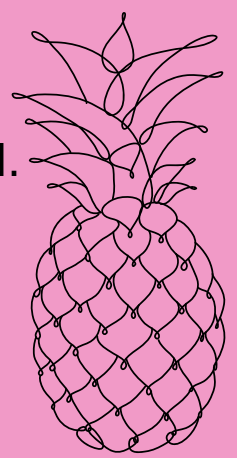
Macronutrients

Carbohydrates

Carbohydrates are the bodies main source of energy, supplying muscles with glucose. Extra glucose is stored in the muscles and liver as glycogen, which is your bodies energy reserve. During short bursts of exercise the body relies on glycogen to keep blood sugar levels stable and thus maintain energy. If you don't have enough glycogen, you may feel tired or have difficulty sustaining the activity- effects that will undoubtedly impact performance! During longer exercise periods, the body uses glycogen stores to help fuel performance. When training, it is imperative to have an adequate carbohydrate intake, in order to prevent the depletion of glycogen stores, minimize muscle damage, and prepare the body for enhanced muscle recovery.

There are two different types of carbohydrates; **simple** and **complex**.

- **Simple carbohydrates** are absorbed and converted very quickly, providing a rapid source of energy. Simple carbs are found in fruit juices, syrups, candies and fruits. Consume these types of carbs in MODERATION.
- **Complex carbohydrates** take longer to be digested, absorbed and metabolized. Thus, they provide energy at a slower rate and are stored as glycogen. Complex carbohydrates are found in vegetables, beans, lentils, potatoes and whole grains such as oatmeal, pasta, rice and bread. These types of carbs contain vitamins, minerals and FIBRE, which are all essential to have in your diet.

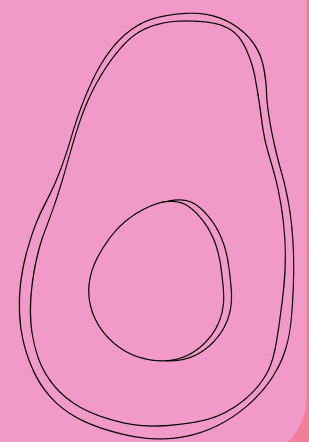


Fat

Fat is a vital source of energy for our bodies, and it is important to have to help fuel longer exercise and endurance activities. Eating a diet that is too low in dietary fat may decrease exercise performance and cause other health problems, such as deficiencies of certain vitamins, which require fat to be absorbed. Your hormone and reproductive health are also reliant on fat reserves for proper functioning.

There are TWO main types of fats; **saturated** and **unsaturated**.

- **Saturated** fats are the “unhealthy” fats and should be consumed in moderation. These are found in things like animal fats and processed foods.
- **Unsaturated** fats or “healthy” fats, are found in foods such as nuts, avocado, olive oil and fish. Consuming unsaturated fats are essential because they help reduce the risk of heart disease and lower cholesterol levels.

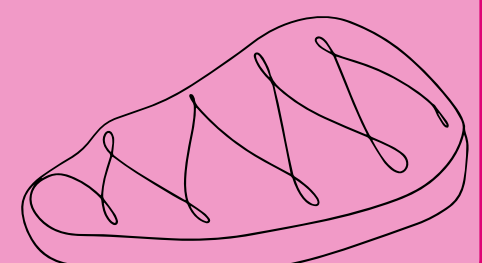


Protein

Protein is crucial for the maintenance, growth and recovery of our muscles and tissues. Muscle health is a critical determinant for performance, tasks of daily living, and longevity so it is imperative to have optimal protein intake. Resistance training and intense exercise causes the fibres that make up our muscles to be broken down. This damage can be responsible for muscle soreness and can ultimately reduce strength and function, IF protein stores are not replenished. Consuming adequate protein in your diet will offset this effect and aid in muscle recovery.

Amino acids are the building blocks of protein. There are 20 amino acids in total, 9 of which are essential amino acids. These essential amino acids cannot be produced by the body so they must come from food. Different protein sources provide different chains of amino acids. Therefore, it is important to eat a variety of protein sources to ensure a wide range of amino acids are being consumed.

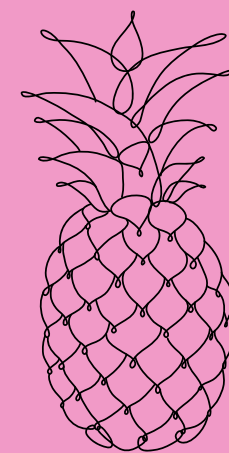
Some good sources of protein can be found in lean meats (chicken, white fish, turkey), red meat, tofu, eggs, and dairy products such as greek yogurt, cheese and cottage cheese.



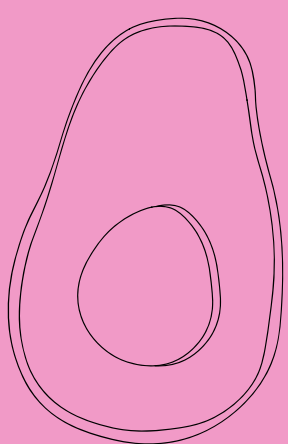
Your Personalized Macros

Daily Calorie Target

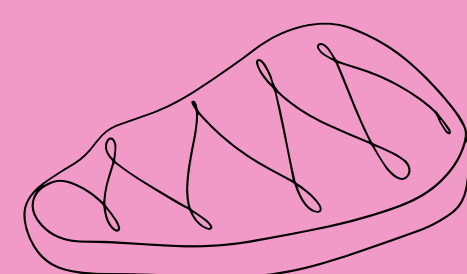
Carbohydrate Target



Fat Target



Protein Target



Carbohydrates Food List

Food Item	Amount (g)	Carbs (g)	Calories	Notes:
Blueberries	70g	10g	40kcal	
Raspberries	80g	10g	40kcal	
Strawberries	130g	10g	40kcal	
Sugar-Free Jam	35g	10g	40kcal	
Honey	12g	10g	40kcal	
Balsamic Glaze	3 Tbsp	10g	40kcal	
ED Smith No Sugar Added Syrup	4 Tbsp	10g	40kcal	
Silver Hills © Little Big Bread	1 slice	10g	60kcal	*5g protein
Spaghetti Squash	150g	10g	40kcal	
Garden Select © Pasta Sauce	110mL	10g	40kcal	
Mixed Vegetables	100g	10g	40kcal	
Strawberries	200g	15g	60kcal	
Grapes	85g	15g	60kcal	
Raspberries	125g	15g	60kcal	
Blueberries	105g	15g	60kcal	
Banana	65g	15g	60kcal	
Canned Peaches (in water)	250g	15g	60kcal	
Cherries	95g	15g	60kcal	
Watermelon	200g	15g	60kcal	
Cantaloupe	180g	15g	60kcal	
Honey Dew	160g	15g	60kcal	
Pineapple	115g	15g	60kcal	
Mango (fresh or frozen)	100g	15g	60kcal	
Crispy Minis ©	20g	15g	80kcal	*5g fat
PLAIN Rice Cakes	2 cakes	15g	60kcal	
Good Thins © Rice Crackers	17g (~10 crackers)	15g	60kcal	
Butternut Squash	150g	15g	60kcal	
				*5g protein &
Halo Top © Birthday Cake	70g	15g	125kcal	*5g fat
Air Popped Popcorn (popped)	20g	15g	80kcal	*5g protein
Boom Chicka Pop © Sea Salt	20g	15g	100kcal	*5g fat
Snack Factory © Pretzel Crisps	20g	15g	80kcal	
Boom Chicka Pop © Cheddar Puffs	25g	15g	100kcal	*5g fat
Frozen Mixed Berries	160g	15g	60kcal	
Rice Paper	2 pieces	15g	60kcal	
Papaya	140g	15g	60kcal	
Melba Toast	4 toasts	15g	80kcal	
Blackberries	160g	15g	60kcal	
Blueberries	100g	15g	60kcal	

Carbohydrates Food List

Food Item	Amount (g)	Carbs (g)	Calories	Notes:
Raspberries	125g	15g	60kcal	
Apple	120g	15g	60kcal	
Orange	130g	15g	60kcal	
Nectarines	140g	15g	60kcal	
Pop Corner's © Sea Salt	1 bag (28g)	20g	125kcal	*5g fat
Pop Corner's © White Cheddar	1 bag (28g)	20g	125kcal	*5g fat
Pop Corner's © Kettle Corn	1 bag (28g)	20g	125kcal	*5g fat
Caramel Rice Cakes	2 cakes	20g	80kcal	
Special K © Crisps	2 crisps	20g	80kcal	
Fibre 1 © Delights Bar	1 bar	20g	80kcal	
Silver Hills © Little Big Bread	2 slices	20g	100kcal	*5g protein
Brown Rice (cooked)	80g	20g	80kcal	
Quinoa (cooked)	100g	20g	100kcal	*5g protein
White Potato	3.5oz	20g	80kcal	
Sweet Potato	3.5oz	20g	80kcal	
Quick Oats, dry	30g	20g	100kcal	*5g protein
Kellogg's © All Bran Buds	25g	20g	80kcal	
Flat Out © Protein Up Carb Down	1 wrap	20g	120kcal	*10g protein
Dempster's © Whole Wheat Bagel	½ bagel	20g	100kcal	*5g protein
Clif © Zbar	1 bar	20g	125kcal	*5g fat
				*5g protein &
Kind © Bar	1 bar	20g	190kcal	*10g fat
Corn	100g	20g	100kcal	*5g protein
Black Beans	120g	20g	100kcal	*5g protein
				*5g protein &
Harvest Crunch © Cereal	28g	20g	145kcal	*5g fat
Mr. Christie © Wheat Thins	28g	20g	125kcal	*5g fat
				*5g protein &
Lara Bar ©	1 bar	20g	190kcal	*10g fat
Celebration © Milk Choc Cookies	2 cookies	20g	170kcal	*10g fat
Oreos ©	2 cookies	20g	125kcal	*5g fat
Natures Path © Coconut Cashew	30g	20g	125kcal	*5g fat
Quaker © Chewy Chip Bar	1 bar	20g	125kcal	*5g fat
Craisins ©	25g	20g	80kcal	
Banza © Chickpea Pasta	40g	20g	120kcal	*10g protein
Whole Wheat English Muffin	1 muffin	25g	120kcal	*5g protein
Brown Rice (cooked)	100g	25g	120kcal	*5g protein

Carbohydrates Food List

Food Item	Amount (g)	Carbs (g)	Calories	Notes:
Vector © Cereal	30g	25g	120kcal	*5g protein
Whole Wheat Bread	2 slices	25g	120kcal	*5g protein
				*10g protein
RX Bar ©	1 bar	25g	230kcal	*10g fat
Dried Mango	30g	25g	100kcal	
Museli ©	30g	25g	100kcal	
Honey Nut Cheerios ©	32g	25g	100kcal	
Banana	110g (1 banana)	25g	100kcal	
Fiber 1 © Chewy Bar	1 bar	25g	145kcal	*5g fat
Little Northern Bakehouse © Gluten Free Everything bagel	½ bagel	25g	145kcal	*5g fat
				*5g protein &
Brown Rice Wrap	1 wrap	25g	165kcal	*5g fat
Rice Paper	3 pieces	25g	100kcal	
Kodiak © Pancake Mix	55g	30g	180kcal	*15g protein
Whole Wheat Pasta (cooked)	100g	30g	140kcal	*5g protein
Brown Rice (cooked)	120g	30g	140kcal	*5g protein
				*5g protein &
Dempster's © Whole Wheat Wrap	1 large wrap	30g	185kcal	*5g fat
Jasmine White Rice (cooked)	100g	30g	140kcal	*5g protein
Kellogg's © Rice Krispy Treat	1 bar (37g)	30g	165kcal	*5g fat
				*40g protein &
Explore Cuisine © Black Bean Pasta	80g, cooked	30g	325kcal	*5g fat
Thin Burger Bun	1 bun	30g	140kcal	*5g protein
Little Northern Bakehouse © Delicious Gluten Free Bread	2 slices	30g	165kcal	*5g fat
Barilla © Gluten Free Pasta	40g (dry)	30g	140kcal	*5g protein
Rice Vermicelli Noodles	35g (dry)	30g	120kcal	
Smart Sweets ©	1 bag (50g)	35g	80kcal	*HIGH Fibre
Silver Hills © Squirrely Bread	2 slices	35g	180kcal	*10g protein
Dempster's © Whole Wheat Bagel	1 bagel	35g	180kcal	*10g protein
				*5g protein
Quick Oats	50g	35g	205kcal	*5g fat

Fat Food List

Food Item	Amount (g)	Fat (g)	Calories	Notes:
85-90% Dark Chocolate	10	5g	65kcal	*5g carb
80% Dark Chocolate	12	5g	65kcal	*5g carb
Avocado	40	5g	65kcal	*5g carb
Babybel © Cheese	20g (1 unit)	5g	65kcal	*5g protein
Black Olives	50	5g	45kcal	
Butter Chicken Sauce (KFI©)	80ml	5g	65kcal	*5g carb
Cheddar Cheese	15	5g	65kcal	*5g protein
Chia Seeds	15	5g	65kcal	*5g carb
Coconut Flakes (unsweetened)	8	5g	45kcal	
Coconut Mana©	8	5g	45kcal	
Coconut Cream	15	5	45kcal	
Feta Cheese	22	5g	65kcal	*5g protein
Flax Seeds	14	5g	85kcal	*5g carb & *5g protein
Fontaine Santé© Chocolate Hummus	30g	5g	85kcal	*10g carb
Fontaine Santé© Hummus	40g	5g	85kcal	*10g carb
Full Fat Salad Dressing (Ranch, Caesar, Thousand Island etc.)	13g (~1 Tbsp)	5g	45kcal	
Goat Cheese	25	5g	65kcal	*5g protein
Green Olives	30g	5g	65kcal	*5g carb
Hemp Hearts/Seeds	10g	5g	65kcal	*5g protein
Laughing Cow Cheese	1 wedge	5g	45kcal	
Mayonnaise	6g	5g	45kcal	
Mozzarella	22	5g	65kcal	*5g protein
Natural Nut Butter (Peanut, Almond, Cashew etc.)	10g	5g	45kcal	
Natural Seed Butter (Sunflower, Pumpkin etc.)	10g	5g	45kcal	
Oil (Extra Virgin Olive, Coconut, Avocado, MCT)	5g	5g	45kcal	
Peanut Satay Sauce	25g (30ml)	5g	85kcal	*10g carb
Philadelphia Whipped © Cream Cheese	25g	5g	45kcal	
Philadelphia© Cream Cheese	15g	5g	45kcal	
Skotidakis © Tzatziki Dip	40g	5g	65kcal	*5g carb
Unsalted Butter	6g	5g	45kcal	
Unsalted Nuts (Peanut, Almond, Cashew etc.)	10g	5g	65kcal	*5g carb
Unsalted Seeds Sunflower or Pumpkin seeds	10g	5g	45kcal	
Whole Egg	1 egg	5g	65kcal	*5g protein
Wholly Guacamole ©	28g (half mini container)	5g	65kcal	*5g carb

Fat Food List

Food Item	Amount (g)	Fat (g)	Calories	Notes:
85-90% Dark Chocolate	20g	10g	130kcal	*10g carb
80% Dark Chocolate	23g	10g	130kcal	*10g carb
Avocado	65g	10g	110kcal	*5g carb
Babybel® Cheese	40g (2 units)	10g	110kcal	*5g protein
Black Olives	100g	10g	90kcal	
Butter Chicken Sauce (KFI®)	160ml	10g	150kcal	*15g carb
Cheddar Cheese	30g	10g	110kcal	*5g protein
Chia Seeds	32g	10g	170kcal	*15g carb & *5g protein
Coconut Flakes (unsweetened)	15g	10g	110kcal	*5g carb
Coconut Mana®	15g	10g	110kcal	*5g carb
Coconut Cream	30g	10g	90kcal	
Feta Cheese	45g	10g	110kcal	*5g Protein
Flax Seeds	28g	10g	150kcal	*10g carb & *5g protein
Fontaine Santé® Chocolate Hummus	60g	10g	170kcal	*20g carb
Fontaine Santé® Hummus	80g	10g	150kcal	*15g carb
Full Fat Salad Dressing (Ranch, Caesar, Thousand Island etc.)	28g (2 Tbsp)	10g	90kcal	
Goat Cheese	45g	10g	110kcal	*5g protein
Green Olives	65g	10g	90kcal	
Hemp Hearts/Seeds	20g	10g	110kcal	*5g protein
Laughing Cow Cheese	2.5 wedges	10g	110kcal	*5g protein
Mayonnaise	13g	10g	90kcal	
Mozzarella	45g	10g	130kcal	*10g protein
Natural Nut Butter (Peanut, Almond, Cashew etc.)	20g	10g	130kcal	*5g carb & *5g protein
Natural Seed Butter (Sunflower, Pumpkin etc.)	20g	10g	130kcal	*5g carb & *5g protein
Oil (Extra Virgin Olive, Coconut, Avocado, MCT)	10g	10g	90kcal	
Philadelphia Whipped ® Cream Cheese	50g	10g	110kcal	*5g carb
Philadelphia® Cream Cheese	30g	10g	90kcal	
Skotidakis ® Tzatziki Dip	85g	10g		*5g carb & *10g protein
Unsalted Butter	12g	10g	90kcal	
Unsalted Nuts (Peanut, Almond, Cashew etc.)	20g	10g	130kcal	*5g carb & *5g protein

Fat Food List

Food Item	Amount (g)	Fat (g)	Calories	Notes:
Unsalted Sunflower or Pumpkin Seeds	20g	10g	130kcal	*5g carb & *5g protein
Whole Egg	2 eggs	10g	130kcal	*10g protein
Wholly Guacamole ©	1 container (57g)	10g	110kcal	*5g carb
Avocado	100g	15g	175kcal	*10g carb
Babybel© Cheese	3 units	15g	175kcal	*10g protein
Black Olives	150g	15g	135kcal	
Cheddar Cheese	45g	15g	175kcal	*10g protein
Coconut Flakes (unsweetened)	15g	15g	155kcal	*5g carb
Coconut Mana©	15g	15g	155kcal	*5g carb
Coconut Cream	44g	15g	155kcal	*5g carb
Feta Cheese	70g	15g	175kcal	*10g protein
Full Fat Salad Dressing (Ranch, Caesar, Thousand Island)	40g	15g	155kcal	*5g carb
Goat Cheese	70g	15g	175kcal	*10g protein
Green Olives	100g	15g	155kcal	*5g carb
Hemp Hearts/Seeds	30g	15g	175kcal	*10g protein
Laughing Cow Cheese	4 wedges	15g	195kcal	*5g carb & *10g protein
Mayonnaise	20g	15g	135kcal	
Mozzarella	70g	15g	195kcal	*15g protein
Natural Nut Butter (Peanut, Almond, Cashew etc.)	30g	15g	215kcal	*10g carb *10g protein
Natural Seed Butter (Sunflower, Pumpkin etc.)	30g	15g	215kcal	*10g carb & *10g protein
Oil (Extra Virgin Olive, Coconut, Avocado, MCT)	15g	15g	135kcal	
Philadelphia Whipped © Cream Cheese	75g	15g	155kcal	*5g carb
Philadelphia© Cream Cheese	75g	15g	155kcal	*5g carb
Unsalted Butter	18g	15g	135kcal	
Unsalted Nuts (Peanut, Almond, Cashew etc.)	30g	15g	195kcal	*10g carb & *5g protein
Unsalted Seeds Sunflower or Pumpkin seeds	30g	15g	195kcal	*10g carb & *5g protein
Whole Egg	3 Eggs	15g	215kcal	*20g protein
Wholly Guacamole ©	85g	15g	195kcal	*10g carb & *5g protein

Protein Food List

Food Item	Amount (g)	Protein (g)	Calories	Notes:
Liquid Egg Whites	90g	10g	40kcal	
0% PLAIN Greek Yogurt	100g	10g	40kcal	
1% Cottage Cheese	85g	10g	60kcal	*5g carb
Full Eggs	2 eggs	10g	130kcal	*10g fat
Lean Turkey Bacon	2 slices (50g)	10g	85kcal	*5g fat
Deli Sliced Turkey Breast	70g	10g	40kcal	
Deli Sliced Black Forest Ham	70g	10g	40kcal	
Lean Turkey Pepperoni Sticks	2 sticks	10g	85kcal	*5g fat
Jack Links © Original Beef Jerky	28g	10g	60kcal	*5g carb
Italian Turkey OR Chicken Sausage	50g	10g	60kcal	*5g carb
Canned Tuna (Canned in water)	45g	10g	40kcal	
Whey Protein Isolate	12g (1/2 scoop)	10g	40kcal	
Hungarian Salami	45g	10g	85kcal	*5g fat
				*5g fat
Morningstar © Spicy Black Bean Burger	67g (1 burger)	10g	145kcal	*15g carb
Banza © Chickpea Pasta	40g	10g	120kcal	*20g carb
Premier Protein Shake ©	4 fluid oz	10g	40kcal	
Built Bar ©	1 bar	15g	120kcal	*15g carb
Liquid Egg Whites	135g	15g	60kcal	
0% PLAIN Greek Yogurt	150g	15g	80kcal	*5g carb
1% Cottage Cheese	130g	15g	100kcal	*10g carb
Lean Turkey Bacon	3 slices (75g)	15g	105kcal	*5g fat
Deli Sliced Turkey Breast	100g	15g	105kcal	*5g fat
Deli Sliced Black Forest Ham	100g	15g	105kcal	*5g fat
Jack Links © Original Beef Jerky	30g	15g	80kcal	*5g carb
Whey Protein Isolate	20g	15g	60kcal	
Premier Protein Shake ©	5.5 fluid oz	15g	80kcal	*5g carb
Kodiak © Protein Pancake Mix	50g	15g	180kcal	*30g carb
				*15g fat &
Quest © Chocolate Chip Protein Cookie	1 cookie	15g	275kcal	*20g carb
				*5g fat &
Simply © Protein bar	1 bar	15g	165kcal	*15g carb
				*10g fat &
Quest © Protein bar	1 bar	20g	250kcal	*20g carb
				*5g fat &
Pure © Protein bar	1 bar	20g	185kcal	*15g carb &

Protein Food List

Quest © Protein Chips	1 bag	20g	145kcal	*5g fat & *5g carb
Food Item	Amount (g)	Protein (g)	Calories	Notes:
Cliff © Builder's Protein bar	1 bar	20g	290kcal	*10g fat & *30g carb
Canned Tuna (Canned in water)	90g	20g	80kcal	
Hungarian Salami	90g	20g	130kcal	*10g fat
Whey Protein Isolate	25g	20g	80kcal	
Chicken Breast	85g	20g	80kcal	
Extra Lean Ground Chicken	85g	20g	80kcal	
Extra Lean Ground Turkey	85g	20g	80kcal	
Shrimp (cooked)	85g	20g	80kcal	
Halibut	85g	20g	80kcal	
Crab	85g	20g	80kcal	
Tilapia	85g	20g	80kcal	
Cod	85g	20g	80kcal	
Inside Round OR Eye of Round Steak	85g	20g	80kcal	
Top Sirloin Steak	113g	20g	215kcal	*15g fat
Extra Lean Ground Beef	90g	20g	170kcal	*10g fat
Salmon	85g	20g	125kcal	*5g fat
Lean Turkey Pepperoni Sticks	4 sticks	20g	170kcal	*10g fat
Lean Turkey Bacon	4 slices (100g)	20g	170kcal	*10g fat
0% PLAIN Greek Yogurt	200g	20g	100kcal	*5g carb
1% Cottage Cheese	170g	20g	120kcal	*10g carb
Dr. Prager's Veggie Burger	113g (1 burger)	20g	255kcal	*10g carb *15g fat
Gardein © Beefless	100g	20g	120kcal	*10g carb
Gardein © Chick'n Strips	130g	20g	190kcal	*5g carb *10g fat
Gardein © Crispy Tenders	130g (5 Tenders)	20g	250kcal	*20g carb *10g fat
Gardein © Breakfast Saus'age	115g 3(patty's)	20g	210kcal	*10g carb *10g fat
Canned Tuna (Canned in water)	110g	25g	145kcal	*5g fat
Whey Protein Isolate	32g	25g	100kcal	
Chicken Breast	110g	25g	100kcal	
Extra Lean Ground Chicken	110g	25g	100kcal	
Extra Lean Ground Turkey	110g	25g	100kcal	
Shrimp (cooked)	110g	25g	100kcal	
Tilapia	110g	25g	100kcal	

Protein Food List

Food Item	Amount (g)	Protein (g)	Calories	Notes:
Cod	110g	25g	100kcal	
Inside Round OR Eye of Round Steak	110g	25g	145kcal	*5g fat
Extra Lean Ground Beef	120g	25g	190kcal	*10g fat
Explore Asia © Edamame Bean Pasta	55g	25g	225kcal	*5g fat & *20g carb
Gardein© Beefless	120g	25g	185kcal	*5g fat *10g carb
Gardein © Chick'n Strips	160g	25g	230kcal	*10g fat *10g carb
Gardein © Breakfast Sausage	155g (6 Tenders)	25g	275kcal	*15g fat *10g carb
Gardein © Crispy Tenders	155g (5 patty's)	25g	335kcal	*15g fat *25g carb
Explore Asia © Black Bean Pasta	55g	30g	245kcal	*5g fat & *20g carb
Whey Protein Isolate	38g	30g	120kcal	
Chicken Breast	128g	30g	120kcal	
Extra Lean Ground Chicken	128g	30g	120kcal	
Extra Lean Ground Turkey	128g	30g	120kcal	
Shrimp (cooked)	128g	30g	120kcal	
Halibut	128g	30g	120kcal	
Crab	128g	30g	120kcal	
Tilapia	128g	30g	120kcal	
Cod	128g	30g	120kcal	

Additives List

ITEM	AMOUNT	ITEM	AMOUNT
Walden Farms© products	1-2 Tbsp. daily, use sparingly	Unsweetened Almond OR Cashew Milk	(~20-30kcal) – 1-2 cups
Coffee/ Tea	As needed	Chia OR Flax Seeds	5g (~1 Tsp.)
Vanilla Extract	1-2 Tsp.	Cooking Spray	– 5-10ml
Cinnamon/Spices	As needed	Kimchi	– 1/3 cup
Mixed Vegetables of Choice	~50-80g	Tzatziki Sauce	1 Tbsp. (~35g)
Dill Pickles	2-3 large pickles	Avocado	– 20g
Sauerkraut	¼ cup	Hummus	– 1-2 Tbsp
Sugar-Free Ketchup	1-2 Tbsp.	Low Calorie Salad Dressing	(~20-30kcal) – 1-2 Tbsp.
Mustard	1-2 Tbsp.	Cacao Powder	– 1 Tbsp.
Salsa	2-4 Tbsp.	Pumpkin Puree	¼ cup
Sugar-Free Jam	1-2 Tbsp.	Tomato Paste	2 Tbsp.
Hot Sauce	1-2 Tbsp.	Coconut OR Lite Whipped Cream	15mL
Soya Sauce	1-2 Tbsp.	ED Smith © Low Sugar Syrup	– 1-2 Tbsp.
Low Sodium Chicken OR Vegetable broth	1-2 Cups	Garden Select © Pasta Sauce	1/3 cup
Calorie-Wise BBQ Sauce	1-2 Tbsp.	Pre-Workout Matrix of choice	1 scoop resistance training workout days
Lemon or Lime Juice	1-2 Tbsp.	Greens+, VeggeGreens ©, Phyto berry Supplement	1 scoop resistance training workout days
Stevia © (<i>preferred over Splenda</i>)	1-2 Tbsp. daily, use sparingly	Diet Soda (<i>Fresca ©, Diet Coke, Diet Pepsi, Diet Root Beer</i>)	500ml daily

This is a list of optional additives you may incorporate into your programming if you would like. Please be mindful of how many additives you are choosing daily.

We recommend choosing no more than ~2-3 items from this list per day.

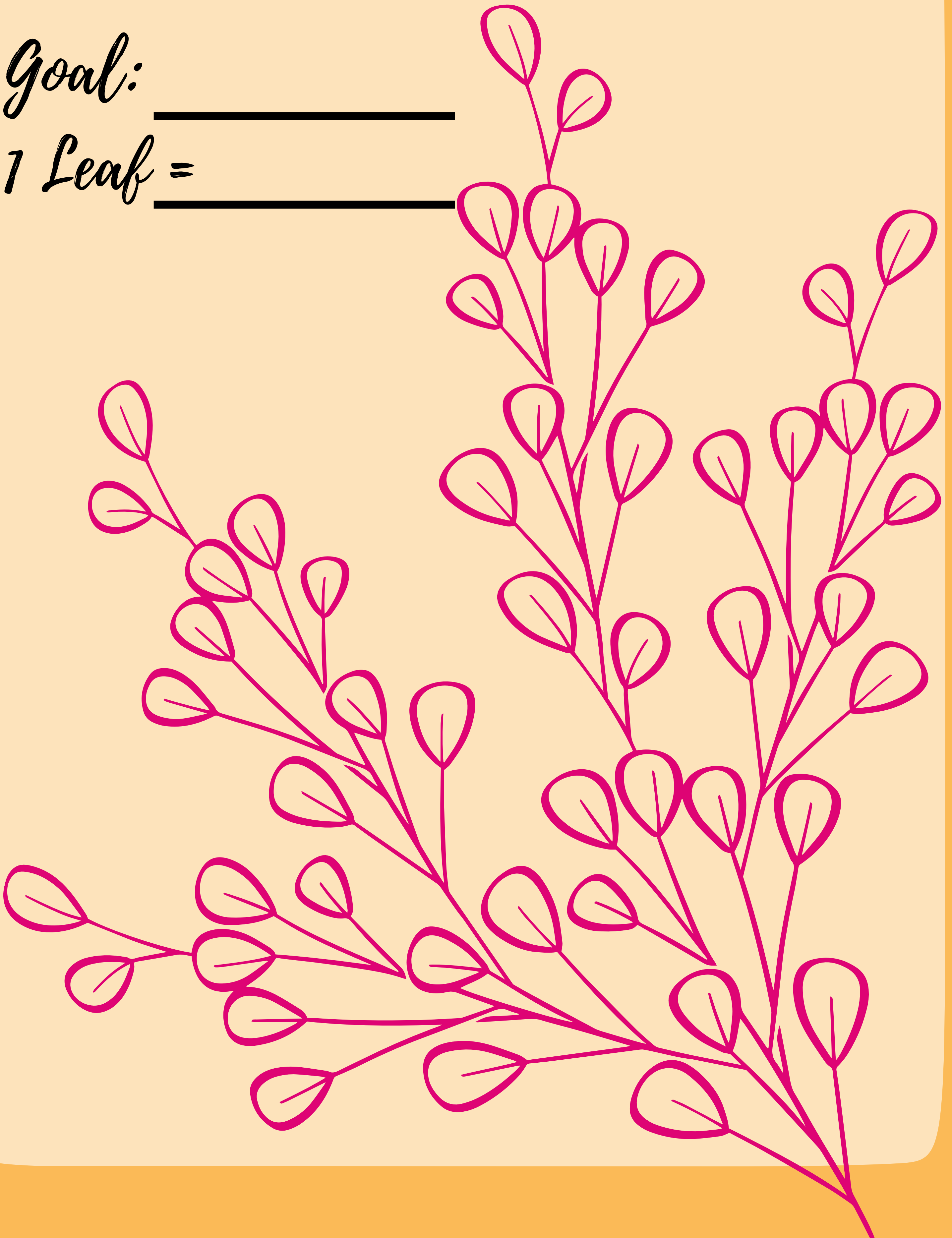
TOTAL:

Water Tracker

(Colour a leaf each time you succeed)

Goal: _____

1 Leaf = _____



Habit:

Month 1

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Month 2

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Month 3

Sun	Mon	Tue	Wed	Thu	Fri	Sat



Ideas for Meal Combinations

Meal

Carb

Fat

Protein

Seasoning,
Additive & Side
Suggestions

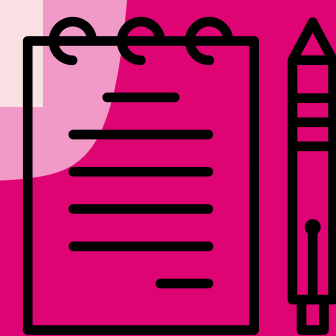
Taco's or Fajitas	Wrap or Rice	Cheese or avocado	Ground Beef/Turkey/Chicken	Old El Paso Salt Free Taco/Fajita Seasoning, top with lettuce, tomatoes etc.
Greek Kabobs	Rice or Pita	Avocado	Chicken	Mrs. Dash Greek Seasoning, Tzatziki, grilled Veggies on the Side
Tuna Melt	Bread	Cheese or Mayo	Tuna	0% Greek Yogurt to mix with Tuna
Pizza	Wtap or Pita	Cheese	Beef/Turkey/Chicken	Simply Natural Organic Tomato Sauce as base, top with veggies of choice
Spaghetti	Pasta or Rice Noodles or Spaghetti Sqaush	Parmasan Cheese	Ground Beef/Turkey/Chicken	Simply Natural Organic Tomato Sauce, Italian Seasonings and add diced veggies to sauce
Chicken Quesadila	Wrap	Cheese	Chicken	Side Salsa & 0% Plain Greek Yogurt. Add Onions, Peppers etc
Burrito Bowl	Rice or Quinoa	Cheese or Avocado	Ground Beef/Turkey/Chicken	Old El Paso Burrito Seasoning, Salsa and 0% Plain Greek Yogurt. Add Lettuce and chopped veggies
Shrimp Pasta	Pasta	Oil	Shrimp	Garlic, Pepper, Salt
Sandwich or Wrap	Bread or Wrap	Cheese or Mayo or Avocado	Deli Meat	Bolthouse (C) Ranch, Mustard
Steak Dinner	Sweet or White Potato	N/A	Steak	Grilled Veggies on the Side
Chicken Caesar Salad	Croutons	Caesae Dressing	Chicken	Add Romaine Lettuce
Breakfast for Dinner	Kodiak Pancakes	Egg or Nut Butter or Coconut Butter	Turkey Bacon or Egg Whites	Top with E.D Smith Maple Syrup
Spring Rolls	Rice Paper Roll	Peanut. Satay Sauce	Shrimp or Chicken	Add carrots, cucumber, cabbage, bell peppers
Smoothie	Fruit	Nut Butter or Flax Seed or Chia Seed	Protein Powder or Greek Yogurt	Add Spinach, Kale & Milk alternative
Snack Plate	Crackers or Fruit	Cheese or Gaucomole	Turkey Pepperoni or Beef Jerky	Raw Veggies & Bolthouse Ranch Dip





Ideas for Snack Combinations

Carbs & Fat	Carbs & Protein	Carbs, Fat & Protein	Fat & Protein
Grapes & Pecans	Greek Yogurt & Granola	Greek Yogurt, Nut Butter & Banana. Top with Splenda Brown Sugar & Cinnamon	Greek Yogurt, Nut Butter &. Top with Splenda Brown Sugar & Cinnamon
Apple & Cheese	Cottage Cheese & Fruit	Cottage Cheese, Grapes & Pecans	Greek Yogurt & Melted Dark Chocolate
Rice Cake & Nut Butter	Whey Protein Powder & Cereal	Pretzels, Nut Butter and Protein Powder	Lean Turkey Pepperoni & Cheese
Toast & Avocado	Oats & Egg Whites	Crackers, Deli Meat & Guacamole	Beef Jerky & Nuts
Popcorn with Butter or Oil	Greek Yogurt or Protein Powder in a Smoothie	Melba Toast, Cream Cheese & Beef Jerky	Deli Meat Wrapped with Cheese and Pickle
Vegetables & Hummus	Rice Cake with Cottage Cheese & Cinnamon	Greek Yogurt, All Bran Buds & Nuts	Hard Boiled Egg
Trail Mix with Dried Fruit	Trail Mix with Dried Fruit	Smoothie with Greek Yogurt & Nut Butter	Tuna Salad with Mayo & Veggies
Graham Crackers & Cream Cheese	Crackers & Deli Meat	Fruit, Cheese & Turkey Pepperoni	Greek Yogurt with Coconut Flakes
Crispy Mini's & Mixed Nuts	Steamed Edamame Beans	Eggs & English Muffin	Mini Egg Cup with Turkey Bacon



Healthy Eating Tips

1. Eat until you are SATISFIED, a 7-8/10 full.
2. Combine lean protein and complex carbs at large meals
3. Add fresh fruits and vegetables into your diet for increased fibre, vitamins and mineral intake.
4. Avoid heavy lifting when in a fasted state
5. Choose whole grains over refined carbohydrates
6. Focus on eating healthy fats: olive oil, nuts and avocado
7. Avoid heavy intake of saturated fats frequently
8. Drink 3-4L of water every day
9. Avoiding skipping breakfast
10. Slow down and eat mindfully
11. If your body is hungry: eat.
12. Remember that refuelling is just as important as fuelling
13. Be mindful of your portion sizes.
14. Take 20min before second helpings
15. Be smart with your choices when eating out
16. Bring a list to the grocery store, complete the perimeter first.
17. Bake or roast instead of frying
18. Stay away from 'diet foods' such as "low-fat" labeled items, they often contain increased sugar content
19. Say NO to fruit juices and soda in large quantities
20. Drink your coffee or tea, black

Keeping your Nutrition & Fitness On Track when you're Sick

1

You know your body better than anybody else, if you feel that you need to rest, then listen to your body and do so! However, do NOT use being sick with a cold, as an excuse to take an entire week off of exercise.

2

Do YOUR best in the gym, a short workout is better than no workout. Move your body with intention but at YOUR own pace!

3

Focus on staying hydrated, make sure you are drinking at least 3-4L of water per day

4

Feel free to add extra Vitamin C, Glutamine, Vitamin D, Omega-3's, and lemon to your daily intake.

5

If you do not have an appetite, chicken noodle soup is a great meal choice that can fit your macros. Combine low sodium chicken broth, noodles or pasta, chicken, vegetables of choice and low sodium seasonings.

6

Remember that a few days of resting your body is better than pushing through illness and causing a much longer set back!

10 Tips

To help incorporate vegetables into your day

01

Add kale, spinach, cauliflower, zucchini, shredded carrots etc. to smoothies

02

Have raw vegetables and dip (Tzatziki, Hummus, Low calorie Ranch etc.) as a snack.

03

Have Stir Fry for lunch or dinner.

04

Make a side of roasted vegetables with oil and low sodium seasonings to go with your meal. Acti-Fry OR BBQ are great ways to roast veggies!

05

Add diced vegetables such as onion, peppers, carrots and zucchini to a spaghetti sauce.

06

Make a side spring salad to have with dinner.

07

Have salad AS dinner (ie. Chicken Caesar Salad OR Greek Salad).

08

Have a side of steamed broccoli, beans, asparagus etc. with your meal.

09

Have a side of grilled vegetables such as peppers, mushrooms, onions etc. with your meal.

10

If you have a juicer, take advantage of it and try juicing your vegetables!

Staying on Track While Traveling

Nutrition Tips

When you are eating out, ask for sauces on the side, no oil or butter and to have your food steamed or grilled: small alterations can truly make a big difference.

Eating in 3's: This is a good method to focus on if you are eating out and not sure what is the best choice. This means choosing a lean protein option (chicken, white fish, steak), healthy carb choice (brown rice, roasted potatoes), with vegetables and ask for sauces/condiments on the side.

Things to Pack in your Suitcase

- Protein Powder
- Protein Bars
- Oatmeal packets
- Sleeve of Rice Cakes
- Nut Butter or Nuts of choice

Complimentary Breakfast Available?

- Take an oatmeal packet with you and ask for hot water to make oatmeal
- Grab an apple, banana or orange on your way out to have for a snack later in your day
- Make a yogurt bowl with berries and some granola
- Avoid the pastries and muffins
- Hardboiled Eggs are an easy grab-n-go at most hotels

A good option when eating out is ordering a salad and asking for dressing on the side. Often the dressing is where the salad goes from a healthy choice to being much higher in fat. Be mindful of other fat sources in salads as well such as cheeses, nuts, seeds, avocado, etc. If a salad has a wide variety of these you may decide to eliminate a few depending on what your meal plan allows.

Stay dedicated to following at least your breakfast and snack every day. This is a great way to start each day that you are spending away from your home...and it helps to keep you in a ROUTINE.

Staying on Track While Traveling

Training Tips

Almost ALL hotel's will have some form of a gym. While it may not be top notch it is still going to be better than not doing anything. Make due with what you've got, work hard, get a good sweat on and carry on with your day!

Most local gym's will offer some type of free trial session or free week, utilize this if you aren't able to use a hotel gym

Inquire with local gyms about punch passes or short term memberships to see what is going to work best for you and your schedule.

If a gym is not an option for where you are staying... use your BODY. Body weight exercises can be just as effective for getting a good sweat on. Burpees, walking lunges, air squats... the goal is to get your heart rate up and your muscles moving.

Bring portable exercise equipment with you such as a skipping rope, booty band etc

Complete your workouts first thing in the morning before the day's activities get in the way. Oftentimes, "later" turns into "never".

Being in a new place is the perfect opportunity for being active – go on a walk and explore hidden backstreets, take a stroll along the beach, or choose the stairs instead of the elevator- no matter what floor you are staying on!

While on vacation there are usually plenty of new activities to try, whether it's surfing, kayaking, doing yoga, running on the beach, swimming/snorkelling, hiking or site seeing. There are TONS of ways to stay active if you set the intention to try.

Supplements

Branch Chain Amino Acids (BCAA's)

There are 3 branch chain amino acids. BCAA's are important for muscle growth, decreasing muscle soreness, and reducing the rate of muscular fatigue. It is recommended to consume BCAA's during a workout. For individuals who complete training fasted, it is important to take BCAA's.

Essential Amino Acids (EAA's)

The body needs 20 different amino acids to maintain good health and normal functioning. People must obtain nine of these amino acids, called the essential amino acids, through food or supplementation. EAA's contain Branch Chain Amino Acids (and MORE), and can be taken in the same way as BCAA's, just with a larger spectrum to offer.

Whey Protein Powder

Whey is a dairy based protein with a fast absorption rate. It is important for muscle growth and recovery. It is recommended to consume whey protein (or some form of fast acting protein) post workout.

Casein Protein Powder

Casein is a dairy based protein with a slow absorption rate. It is beneficial for muscle recovery and reducing muscle breakdown. Due to the slow digestion rate it is recommended to consume pre-bed or with your morning meal when the body has more time for break down and digestion.

Glutamine

Glutamine is one of the building blocks of protein. It has many important functions in the body, some of which include immunity and recovery. For those who are feeling quite sore after resistance training days, Glutamine can be beneficial to reduce muscle soreness. It is recommended to consume post workout or pre bed.

**Supplementation can be beneficial for individuals who struggle to hit adequate macronutrient and micronutrient ranges. However, it should come secondary to a healthy and well-balanced nutritional regime.*

Vitamins

Vitamin D

Vitamin D is important for bone and teeth health and is needed to absorb calcium. You get Vitamin D through sun exposure and ingestion. Many individuals do not get adequate levels from sun exposure so many of us need to supplement. Small amounts of Vitamin D can be found in fatty fish, foods fortified with Vitamin D, egg yolks, and cheese. The recommended dose is anywhere from 1000-4000 IU per day.

Probiotics

Probiotics are often termed the good bacteria in our gut. Adding a probiotic supplement to our nutrition routine promotes healthy digestion to optimize gut health and maintain a balanced microbiome. The recommended dosage should contain 5-10 billion good bacteria, once per day.

Omega 3

Our bodies do not produce omega-3's naturally so they must be consumed in our diet. It can be found in fatty fish and fish oils. Many of us are not getting enough Omega 3's in our diets and will need to supplement. EPA and DHA are two types of omega-3 fatty acids that are important for health. Omega-3's help to reduce inflammation, lower triglycerides, lower the risk for heart disease, and are important for brain and eye development in children and during pregnancy. Recommended dose is 1000-2000mg per day.

Gender Specific Multi Vitamin

Taking a multi vitamin can be an important way to make sure you are getting a variety of vitamins and minerals that may be depleted in your diet. For those who have any diet restrictions, a multi vitamin can be important to avoid any deficiencies. Gender specific multi vitamins provide males and females with a different array of vitamins and minerals that the body requires for optimal health.

**Supplementation can be beneficial for individuals who struggle to hit adequate macronutrient and micronutrient ranges. However, it should come secondary to a healthy and well-balanced nutritional regime.*

Training Information

Weight

The weight you choose for your resistance training exercises is of vital importance. Choose a weight that challenges you. If you feel you could complete multiple additional reps with good form (3-5+) then you should choose a heavier weight. If you find yourself unable to perform the prescribed number of reps with the weight you have chosen, then a lighter weight should be chosen.

WARM UP:

If there is no warm-up specified in your workout, please choose from one of the following:

LIGHT CARDIO WARM UP	Steady state cardiovascular activity to be performed on low impact equipment such as a treadmill, elliptical or stationary bike for approximately 5 - 8 minutes. In the latter 3 minutes of this warmup you should be reaching between a 6 and a 7 R.P.E.
FULL BODY ACTIVATION WARM UP	Utilize movements that encourage blood flow throughout the entirety of the body for approximately 5 - 8 minutes. Ensure that all movements are low impact and utilize only bodyweight to prevent injury. Movements can include: Arm circles, Arm raises, Jumping Jacks, Walking Lunges, Air Squats, Side Lunges, Calf raises, Planks, etc.



Training Information

FREQUENTLY USED TERMS

REP	The number of times you repeat a given movement within an exercise.
SET	A group of reps to be completed.
SUPERSET	Two exercises in one set performed back to back with no rest.
TRISSET	Three exercises in one set performed back to back to back with no rest.
CIRCUIT	Any number of exercises in one set performed back to back without rest.
RPE (Rate of Perceived Exertion)	How much effort you feel you're putting into the current exercise measured on a scale of 1-10 with 10 being the hardest you could possibly be working.
AMRAP/AMAP	Stands for "As Many Reps as Possible" or "As Many as Possible"
ACTIVE REST DAY	Active rest days are implemented to give you the choice to complete an activity that you love. Complete any activity you choose for ~40min-1 hour that increases your heart rate. Finding something active outside of the gym environment.



Training Information

CARDIO TYPES

Low Intensity Steady State (LISS):

LISS cardio includes any form of low intensity cardio training where you maintain the same pace for a set period. Steady state cardio should be performed at a 4-6 RPE (fast walking to jogging speed). If not indicated directly from your Coach, steady state cardiovascular exercise can be performed on any cardio equipment of choice: treadmill, elliptical, stepper, stationary bike, outdoors, or swimming.

High Intensity Interval Training (HIIT):

HIIT (High Intensity Interval Training) is a training technique in which you complete intense bursts of exercise, followed by short recovery periods. Your Health Coach will indicate the length of time you are to be performing each bout of exercise.

Below you will find possible variations of HIIT cardio time segments:

HIIT CARDIO (30/30)	This version involves a 2-minute warm up, followed by consecutive 30 second sprints with 30 second recovery (4-5 RPE) after each sprint. End this session with a 2-minute cool down. 0-2 min: Warm Up (6 RPE) 2:00-2:30: SPRINT (9/10 RPE) 2:30-3:00: Recovery (4/15 RPE) Etc.
HIIT CARDIO (40/20)	This version involves a 2-minute warm up, followed by consecutive 40 second sprints (9/10 RPE) with 20 second recovery (4-5 RPE) after each sprint. End this session with a 2- minute cool down.
HIIT CARDIO (60/30)	This version involves a 2-minute warm up, followed by consecutive 60 second sprints (9/10 RPE) with 30 second recovery (4-5 RPE) after each sprint. End this session with a 2- minute cool down.

[illegible]

[illegible]



Monthly Planner

TAKE A COUPLE MINUTES EACH WEEK TO PLAN...

- What days/when you are going to commit to working out?
- When you are going to meal prep for the following week?
- Designated time for self-care and/or rest and recovery days?
- What important commitments have you've agreed to?

Month: _____

S	M	T	W	T	F	S

Notes:



Monthly Planner

TAKE A COUPLE MINUTES EACH WEEK TO PLAN...

- What days/when you are going to commit to working out?
- When you are going to meal prep for the following week?
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Month: _____

S	M	T	W	T	F	S

Notes:



Monthly Planner

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- What important commitments have you've agreed to?

Month: _____

S	M	T	W	T	F	S

Notes:

Goal Setting

SMART GOALS

MY GOAL IS :

SPECIFIC

What do I want to happen?



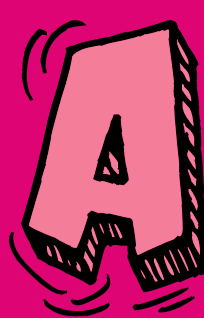
MESASUREABLE

How will I know when I have achieved my goal?



ATTAINABLE

What do I want to happen?



RELEVANT

Why is my goal important to me?



TIMELY

What is my deadline for this goal?



Goal Setting

Take 2 minutes each week to SET YOUR GOALS

1. THIS WEEK I....2. NEXT WEEK I....3. I AM PROUD OF MYSELF FOR...

Week One

1. THIS WEEK I....2. NEXT WEEK I....3. I AM PROUD OF MYSELF FOR...

Week Two

1. THIS WEEK I....2. NEXT WEEK I....3. I AM PROUD OF MYSELF FOR...

Week Three

1. THIS WEEK I....2. NEXT WEEK I....3. I AM PROUD OF MYSELF FOR...

Week Four

1. THIS WEEK I....2. NEXT WEEK I....3. I AM PROUD OF MYSELF FOR...

Week Five

1. THIS WEEK I....2. NEXT WEEK I....3. I AM PROUD OF MYSELF FOR...

Week Six

Goal Setting

Take 2 minutes each week to SET YOUR GOALS

1. THIS WEEK I....2. NEXT WEEK I....3. I AM PROUD OF MYSELF FOR...

Week Seven

1. THIS WEEK I....2. NEXT WEEK I....3. I AM PROUD OF MYSELF FOR...

Week Eight

1. THIS WEEK I....2. NEXT WEEK I....3. I AM PROUD OF MYSELF FOR...

Week Nine

1. THIS WEEK I....2. NEXT WEEK I....3. I AM PROUD OF MYSELF FOR...

Week Ten

1. THIS WEEK I....2. NEXT WEEK I....3. I AM PROUD OF MYSELF FOR...

Week Eleven

1. THIS WEEK I....2. NEXT WEEK I....3. I AM PROUD OF MYSELF FOR...

Week Twelve

Personal Reflection

Directions:

Spend 2-3 minutes per evening reflecting on your day. Choose the response for each category below that best describes your day. Tally your score from 5-15 daily (5 being the worst, 15 being the best) and include your final number inside the monthly calendar attached. This information allows you to take note of the trends happening throughout your week/weekends.

Food

How you fuel your body, what food you're choosing, are you under/over eating etc.

1. I did not make good choices today. I consumed foods that did not provide me proper energy or nutrients.
2. I am fairly happy with my choices today, I am prepared to make even better choices for tomorrow. There is room for improvement.
3. Today I only consumed foods that fuelled my body and provided me good energy. I am happy with my nutrition choices.

Activity

Anything that gets your heart rate going and your body moving (your Perfectf training plan, walking the dog, deep cleaning the house, going to yoga, etc.)

1. I did not move my body today. My workouts/activity were not a priority.
2. I was active in my own way today. I was unable to complete any scheduled activity, although I still moved my body intentionally in some way.
3. I moved my body for 30+ minutes today or I took a rest day as planned. I feel accomplished.

Self Care

Taking a bath, reading a book, stretching/ meditation, and taking some time to pour love into yourself and your mental health etc.

1. I did not take time for self-care today. Life is busy with other things.
2. I did something small for myself today, although the stressors of life are still pending.
3. I took the time I needed today for myself. I have re-grouped and am ready to face the day again tomorrow.



Personal Reflection

Directions:

Spend 2-3 minutes per evening reflecting on your day. Choose the response for each category below that best describes your day. Tally your score from 5-15 daily (5 being the worst, 15 being the best) and include your final number inside the monthly calendar attached. This information allows you to take note of the trends happening throughout your week/weekends.

Health

Taking care of yourself through more than just food and movement, Sleep, Water, Vitamins, etc.

1. I am not feeling healthy today. I have not prioritized my vitamins, sleep or water intake.
2. I felt OK today. I have attempted to rest more, drink more water and take my vitamins but have still been lacking. I can do better.
3. I am feeling healthy today. I have received adequate rest, took my vitamins and have continued to get in my water intake.

Mindset

I am feeling confident, proud and strong, I am ready for any challenge or obstacle.

1. I feel defeated. I have self-doubt. Life is throwing me a curve ball and I am struggling to stay positive.
2. I am improving my mindset. I am having moments of self-doubt and insecurity. I am aware of my head-space and am actively trying to get better.
3. My mind is in a good place. I feel happy, confident and proud of myself and my body. Today was a good day.





Personal Reflection

Month: _____

S	M	T	W	T	F	S

Notes for my coach...



Personal Reflection

Month: _____

S	M	T	W	T	F	S

Notes for my coach...

Personal Reflection

Month: _____

S	M	T	W	T	F	S

Notes for my coach...



Notes





Notes





Notes

Lined area for notes, featuring horizontal grey lines on a light orange background. A faint purple scribble is visible in the bottom right corner of the lined area.