

SMART
COACHING
STARTER KIT
FITNESS PROS

*Resources for
Step 2:*

Advise



Resources for Step 2: Advise

Level Summary Sheet

Use this information sheet to identify what level your client is at.

Limiting Factors Log

A quick and easy logging sheet to be used during the assessment.

Protein, Fat, and Carbohydrate Chart

A breakdown of the macronutrients and cues for when they should be consumed.

21 Superfoods Reference

The list of 21 superfoods that have a profound effect on physiology.

21 Superfoods Checklist

This form is used to keep track of superfood intake.

5 Habits Cheat Sheet

5 habits for your clients to review before every meal.

Take the next step.

Becoming a great coach takes education and practice. If you'd like to fast-track the process, consider joining us for the Level 1 Certification or the Level 2 Master Class.

www.precisionnutrition.com/certification-presale-list/

www.precisionnutrition.com/pn-level-2-vip/

Level Summary Sheet

LEVEL 1: PEOPLE WHO ARE COMPLETELY NEW TO EATING WELL (THEY MAY ASK: "WHAT'S A PROTEIN?")

ASSESSMENT TOOL	SHOWS...	APPROACH AND STRATEGIES
Body Composition Assessment	High body fat % Over 18% for men Over 25% for women	This type of client requires a slow coaching approach focused on basic food education and basic habit development, such as basic food selection lessons, grocery shopping strategies, and better meal planning and preparation. Begin by making some general food suggestions while teaching the client the strategies required to support healthy eating.
Kitchen Questionnaire	Poor kitchen setup	
Client Information Sheet	Poor grocery shopping habits	
3-Day Dietary Record	Reveals little knowledge of correct food type, timing, and amount	

LEVEL 2: PEOPLE WHO HAVE A BASIC UNDERSTANDING BUT NEED GUIDANCE (THEY MAY SAY: "I EAT PRETTY WELL.")

ASSESSMENT TOOL	SHOWS...	APPROACH AND STRATEGIES
Body Composition Assessment	Moderate body fat % 12-18% for men 20-25% for women	This type of client usually has the basics down in terms of food selection. They may do well at the grocery store and may have no issues with food preparation. However, this type of client typically needs to learn more about moderating overall calorie intake, establishing correct portion sizes for their body type, and eating the right foods at the right times of the day. General strategies may work well here although more specific ideas may also have to be introduced.
Kitchen Questionnaire	Average kitchen setup	
Client Information Sheet	Average grocery shopping habits	
Three-Day Dietary Record	Above-average knowledge of correct food type but average to below average knowledge of food amount or timing	

LEVEL 3: PEOPLE WHO EAT THE RIGHT FOODS IN THE RIGHT AMOUNTS AT THE RIGHT TIMES (THEY'LL LIKELY SAY: "CHECK OUT MY SPREADSHEET.")

ASSESSMENT TOOL	SHOWS...	APPROACH AND STRATEGIES
Body Composition Assessment	Low body fat % Less than 12% for men Less than 20% for women	These individuals are typically already lean yet want to optimize and further refine their nutritional strategies. They may also have excellent shopping and preparation strategies. However, they may need very detailed calorie and macronutrient information. Beyond establishing a baseline diet, they'll also need specific strategies for making outcome-based dietary decisions.
Kitchen Questionnaire	Excellent kitchen setup	
Client Information Sheet	Excellent grocery shopping habits	
Three-Day Dietary Record	Above-average knowledge of correct food type, amount, and timing	

Note: All levels can apply to both sedentary people as well as people with exercise experience. Levels are differentiated by nutritional expertise that is *concretely demonstrated* through behavior, lifestyle, and physical characteristics (rather than simply knowing the information).

Protein, Fat and Carbohydrate Chart

PROTEIN CHART

Food type	Protein dense foods
Food timing	Eaten with each meal
Food amount	1 serving for women (size of palm) 2 servings for men (size of two palms)
Examples	<ul style="list-style-type: none"> • Lean meats such as ground beef, chicken, turkey, bison, venison • Fish such as salmon, tuna, cod, roughy • Eggs • Dairy such as cottage cheese, Greek yogurt, cheese, etc. • Beans, peas, legumes, tofu, tempeh, etc. • Protein supplements <ul style="list-style-type: none"> • milk-based: whey, casein, milk protein blends • plant-based: pea, hemp, rice, soy, etc.

FAT CHART

FOOD TYPE	SATURATED FAT	MONOUNSATURATED FAT	POLYUNSATURATED FAT
Food timing	No specific timing ¹	No specific timing ¹	No specific timing ¹
Food amount	1/3 of intake	1/3 of intake	1/3 of intake
Examples	Animal fats (in eggs, dairy, meats, butter, cheeses, etc.) Coconut oil Palm oil	Macadamias, pecans, almonds, cashews, pistachios, tahini, pumpkin seeds, hazelnuts olives, olive oil, avocado	Fish oil, hemp seeds, algae oils, safflower oil, sunflower seeds, peanuts, canola oil, soy nuts, walnuts, flax seeds, flax oil, chia seeds, Brazil nuts

1. As discussed earlier in the text, meals higher in carbohydrate should likely be lower in fat, and vice versa. Therefore if eating a higher carbohydrate post-exercise meal, fat intake would be lower. Conversely, with a higher-fat meal outside of the "workout window", carbohydrate portion should be relatively smaller.

2. For those consuming less overall food and/or consuming a plant-based diet, getting more fat from whole food sources (like olives, nuts, seeds) instead of refined sources (olive oil, nut oil, seed oil) will provide more protein and fiber.

CARBOHYDRATE CHART FOR FAT LOSS AND MUSCLE GAIN

FOOD TYPE	EXERCISE RECOVERY DRINK	SIMPLE SUGARS AND HIGHLY PROCESSED STARCHES	WHOLE-FOOD, MINIMALLY PROCESSED STARCHY CARBOHYDRATES	FRUITS AND VEGETABLES
FOOD TIMING				
For muscle gain	During and after exercise	Immediately after exercise (if at all) ²	Eat soon (within 3 hours) after exercise ³	Eaten with each meal
FOOD TIMING				
For fat loss	During exercise only ¹	Minimize intake	Eat soon (within 1-2 hours) after exercise	Eaten with each meal (with emphasis on veggies)
Examples				
	Sugary, protein-rich recovery drinks such as Biotest Surge, Endurox R4	Sugary sports drinks Breakfast cereals Soda Fruit juice Table sugar Sugary desserts Ice cream Muffins Bagels Other carbohydrate-rich snacks	Bread (preferably whole grain) Pasta (preferably whole grain or flax) Rice (preferably whole grain, unprocessed) Potatoes Oats (preferably whole oats) Cereal grains (wheat, rye, etc.)	Spinach Carrots Tomatoes Broccoli Cauliflower Apples Oranges Avocados Berries

Notes:

1. If your client tolerates carbohydrates well, you can include such a drink during exercise. If your client doesn't, you should probably stick with water or a branched-chain amino acid workout drink (to be discussed later in the course).
2. These food choices should be minimized yet are permissible after exercise for those with good carbohydrate tolerance and the goal of weight gain.
3. If a client has good carbohydrate tolerance and a hard time gaining weight, you can include these foods throughout the rest of the day as well.

Simplified carbohydrate chart for fat loss or maintenance

CARB TYPE	EXAMPLES	WHEN TO EAT
Fibre-rich	vegetables (e.g., broccoli, kale, spinach, carrots, tomatoes, celery, cucumber, zucchini, beets, bok choy, lettuce, collards, radish, onion, chard, watercress, etc.) peas beans* legumes* most fruits*	Eat often, and any time of day (especially for veggies)
Whole food starchy	sprouted or whole grain breads and pastas corn yams/sweet potatoes/pumpkin quinoa amaranth oats long grain rice	During the 3 hours after exercise
Refined sugary	desserts fruit juice processed foods soda sports drinks most commercial nutrition bars dates, figs, raisins, dried fruits	Eat occasionally/rarely, and only during the 3 hours after exercise

*Notes: These selections are more carb-dense. So, when including these in meals, be sure not to overeat

21 Superfoods Reference Guide

21 SUPERFOODS REFERENCE GUIDE

PROTEINS

1. Lean red meat (grass-fed preferred)
2. Salmon (wild caught preferred)
3. Eggs (omega-3 and cage free preferred)
4. Plain Greek yogurt, cottage cheese, or coconut milk yogurt
5. Protein supplements (whey, milk or plant protein sources)

VEGETABLES AND FRUITS

6. Spinach
7. Tomatoes
8. Cruciferous vegetables (broccoli, cabbage, cauliflower)
9. Mixed berries
10. Oranges

OTHER CARBOHYDRATES

11. Mixed beans
12. Quinoa
13. Whole oats

GOOD FATS

14. Raw, unsalted mixed nuts
15. Avocados
16. Extra virgin olive oil
17. Fish oil (or algae oil)
18. Flax seeds (ground)

DRINKS / OTHER

19. Green tea
20. Liquid exercise drinks (or branched-chain amino acids)
21. greens+® (vegetable concentrate)

Note:

1. Do not select foods that you are allergic to or intolerant of.
2. For a plant-based superfoods reference guide, please see the Plant-Based Diet Guide as part of Precision Nutrition V3 (www.precisionnutrition.com)

21 Superfoods Checklist

21 SUPERFOODS CHECKLIST

FOOD TYPE	FOOD CATEGORY	# OF SERVINGS
1. Lean red meat (grass-fed preferred)	Protein - Lean meat	-----
2. Salmon (wild caught preferred)	Protein - Fish	-----
3. Eggs (omega-3 and cage free preferred)	Protein - Egg	-----
4. Plain Greek yogurt, cottage cheese, or coconut milk yogurt	Protein - Dairy	-----
5. Protein supplements (whey, milk or plant protein sources)	Protein - Powder	-----
6. Spinach	Carb - Vegetable	-----
7. Tomatoes	Carb - Vegetable	-----
8. Cruciferous vegetables (broccoli, cabbage, cauliflower)	Carb - Vegetable	-----
9. Mixed berries (strawberries, blueberries, raspberries, etc.)	Carb - Fruit	-----
10. Oranges	Carb - Fruit	-----
11. Mixed beans/peas (black beans, lentils, split peas, etc.)	Carb/Protein – Legume	-----
12. Quinoa	Carb - Grain	-----
13. Whole oats (large flake)	Carb - Cereal	-----
14. Raw, unsalted mixed nuts (a variety including pecans, walnuts, cashews, brazil nuts, etc.)	Fat - Seeds and nuts	-----
15. Avocados	Fat - Fruit	-----
16. Olive oil (extra virgin)	Fat - Oils	-----
17. Fish oil (salmon, anchovy, menhaden, krill) or algae oil	Fat - Oils	-----
18. Flax seeds (ground)	Fat - Seeds and nuts	-----
19. Green tea	Teas	-----
20. greens + [®] or comparable blend	Vegetable concentrate	-----
21. Liquid exercise drinks (or branched-chain amino acids)	Recovery drinks	-----

Note:

1. Do not select foods that you are allergic to or intolerant of.
2. For a plant-based superfoods checklist, please see the Plant-Based Diet Guide as part of Precision Nutrition V3 (www.precisionnutrition.com)

CUT ALONG LINE

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PRECISION NUTRITION

5 Habits Cheat Sheet

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Answer
each question
according to
the 5 Habits...

CUT ALONG LINE

CUT ALONG LINE

1. Are you eating slowly?

Check in with hunger, sit down, relax and take your time: 15-20 minutes for a meal is about right. Make sure to stop eating when you're about 80% full.

2. Where is the protein dense food?

Are you about to eat at least 1 palm-sized portion of protein dense food? Women get 1 palm-sized portion and men get 2 palm-sized portions.

3. Where are the veggies?

Are you about to eat a large portion of veggies? They can be prepared any way you like. One serving is about 1 fist-sized portion and you should try to eat a few portions per meal.

4. Where are the carbs?

If you have fat to lose but haven't just worked out, eat less pasta, bread, rice, and other starchy carbs. Opt for a double serving

5. Where are your fats coming from?

Today you need some fats from various foods, prioritizing whole food sources like eggs, meats, fish, olives, nuts and seeds. Spread these throughout the day.

of veggies instead. If you have just worked out, a mix of carb sources is fine.

CUT ALONG LINE

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