

CASE STUDY:

"Too busy" Ray

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Precision Nutrition Level 2 Certification
Master Class

"Too busy" Ray

ASSESSMENT AND OBJECTIVES:

Ray's main objective is to decrease his blood pressure and blood triglycerides by making lifestyle and nutritional changes.

He is currently overwhelmed by his busy and stressful work and home life.

In order to ensure that Ray is successful, we must choose simple nutritional and lifestyle habits that don't take too much time to implement. The habits must also be related to Ray's values and goals in order for him to make them a priority.

A major roadblock might be his chaotic schedule, steps must be taken to increase his focus and productivity so that 'busyness' doesn't curtail his progress.

ACTION PLAN COMPONENTS:

1) Clarify Ray's Values and Goals

I will use one full session to help Ray clarify his goals, values and priorities.

COACH KRISTA'S COMMENTS

• Notice: Not coach's objective -- RAY's objective.

• Starts with the end in mind. "What has to be true to get us to the desired outcome?" or "If we can imagine ourselves being at the endpoint of what Ray wants, what things would have to be in place?"

• YES!

• Coach anticipates obstacles and thinks about how to get around them.

• You really cannot go wrong with this starting point. It is just awesome.

By doing so, we will be able relate Ray's nutritional and lifestyle changes to them. This will help Ray prioritize his health and make more thoughtful lifestyle- and nutrition-related decisions.

In order to identify what Ray really wants I will use the 'Identity, Values and Goals Worksheet. I will have Ray fill this out during our session, because if I assign it for homework, there's a good chance that he won't have time to complete it.

This record will also be useful if we run into roadblocks later and need to review the things he listed.

I will use the information he provides in the worksheet to then have a crucial conversation about how prioritizing his lifestyle changes relates to his values and

COACH KRISTA'S COMMENTS

Notice here: Values, goals, priorities aren't just "nice to have"; they're essential information.

Smart coach. Consider in-session tasks with clients.

Double smart coach. Thinks ahead. It's pretty powerful as a client to see your own words in black and white.

Coach plans ahead to lock down 2 potential tactics: crucial conversation + motivational interviewing.

goals and will use motivational interviewing to help him identify potential habits or changes that he feels confident in implementing.

2) Increase Ray's Productivity

Ray's life is currently pretty chaotic, so small changes must be introduced to help improve his productivity.

In order to identify where Ray is spending the bulk of his time, I will have him use his Blackberry to record a time journal. I will ask him to use his calendar app to record a one-or two-word description of what he's doing every 30-minutes for 3-days.

This time journal will be useful for assessing whether or not Ray's schedule reflects his true priorities and will also help assess his progress with the following productivity habits:

2a) Make A List of Tasks that Need to Be Completed Each Day

There's a great quote -- can't remember who said it: "It's not information overload; it's filter failure."

Coach plans ahead to lock down 2 potential tactics: crucial conversation + motivational interviewing.

Coach helps Ray build the structure he needs to move forward. Notice here how this is "things before things", or increasing Ray's "able" scores. He can't adhere to other habits until he builds the fundamental skills to execute them.

Having Ray identify and prioritize daily tasks will help him focus on individual things that he needs to accomplish.

It will provide a daily action plan that helps him be more productive by allowing him to refocus on the task at hand after being distracted by an unexpected phone call or meeting.

I will have him use his Blackberry's "To-Do" App or a notebook and pen for this habit.

2b) Finish one daily task before moving onto another

I will explain that people are very poor at multitasking and when people try to do too many things at once, nothing ever gets done.

COACH KRISTA'S COMMENTS

• Ain't that the truth

I will explain that performing one task at a time with full focus is far more effective and productive.

• Notice that with each action step, coach gives a clear task, then explains it and why it matters, then shows Ray exactly how to do it.

In order to implement this habit I will have Ray use his daily task lists. I will give him the following instructions:

"Choose the quickest or simplest task on your list, focus only on that task until it's complete. Once that task is complete, cross it off your list and then focus on the next simplest task until it's complete. Use this process for all of your daily tasks."

I think that having Ray complete the quickest tasks first will boost his confidence and make him feel more productive, because he'll cross more things off his list.

2c) Evaluate Ray's Progress

I will have Ray do another 3-day time journal (as described above) and will compare it to his daily task list.

Now we're getting some serious data. By gathering this "post-test" data (i.e. what happened after we did our experiment), we can track potential change and SHOW the client some progress.

If he is completing more daily tasks than he was previously, then we know it's working.

I will point out the things I think he's doing well and will also ask Ray how it's working for him. I will ask whether he thinks that focusing on one thing at a time is allowing him to complete more of his task list or not.

A potential roadblock that might need to be dealt with at this point could be Ray's texts, emails and phone calls interrupting his task completion habit. If he mentions that this is a problem I will ask if he would be willing to switch his phone to 'do not disturb' and only check it once he has successfully completed one or two tasks without interruption.

3) 5-Minute Action Habit

After Ray has had some practice with the previous two habits his schedule should be a bit less chaotic.

At this point, I think that it's important to start introducing habits that are more nutrition- and lifestyle-focused. However, I don't want to overwhelm him.

With this 5-minute action habit I will have him choose one improvement he thinks he can make to his lifestyle that will only take him 5-minutes to complete each day and focus on only that one change for 2-weeks.

I will assess his confidence in performing his chosen habit by asking how likely he is to complete it each day on a scale of 1 to 10. If he doesn't rank it as a 9 or 10, I will think of ways to break it down to an easier task.

COACH KRISTA'S COMMENTS

- Clearly defines what will count as "success".
In this case, the coach does it, but the client could easily do this task too.

- Coach anticipates obstacles

- Coach allows time for previous habits to take hold and have effects.

- Coach calibrates habits appropriately.

- Classic. High fives.

I will provide a tracking sheet or have Ray track his progress using a habit tracking app on his Blackberry. I think that this simple, 5-minute action habit will help improve Ray's confidence in his ability to change his lifestyle.

- Coach thinks about the best way to track this.

4) Evaluate Ray's Progress

I will evaluate Ray's progress by checking his habit tracking log.

If he's exceeding 80% I'll give him a high-5 and move on to the next habit.

If he's having a difficult time with complying I will try to identify what's causing the 'logjam' by using motivational interviewing techniques or by having a crucial conversation. I will then help him break the habit down into even simpler steps and have him focus on it for a couple more weeks.

COACH KRISTA'S COMMENTS

- Now coach sets up a decision tree: If Outcome X happens, do Option 1. If Outcome Y happens, do Option 2. etc.

5) Sunday or Evening Food Prep Ritual

When introducing this habit to Ray I will explain the pivotal role that advanced preparation plays in successful lifestyle change. I will explain that anticipating and preparing for potential roadblocks like an unexpected meeting or a last minute schedule change, will make it easier for him to overcome them. And will let him know that it will save him loads of time during a busy work week.

I will provide him examples of food prep rituals and will have him choose the method that he thinks will work best. Again, I will ask him to rank his confidence in using a food prep ritual on a scale of 1-10.

- Once again notice that coach explains WHY this habit is important, so Ray understands.

- Coach helps Ray execute

6) Evaluate Ray's Progress

I will evaluate Ray's progress by having him complete another food journal. He has had trouble with food journaling in the past, so I will also give him the option of using a photo food journal if he thinks it will work better for him.

Evaluating his food journal will help me determine whether or not his advanced food prep habit is working for him.

If he's having difficulties with consistently prepping his food, I will try to break it down into a simpler task such as using a meal delivery service.

- Always flowing WITH the client. "What works best for you?"

- Another decision tree:
 - * If food = problem, then do X.
 - * If food = good, then do Y.

COACH KRISTA'S COMMENTS

If he's doing well, I will begin to systematically introduce habits that will change his meal composition.

7) Introduce Habits That Change "How" and "What" Ray Eats

Now that Ray is organized and has freed up more time to focus on his lifestyle, I will start to introduce specific nutritional habits that will change how and what Ray eats. These habits will include: eating slowly, eating only to 80% full, lean protein, vegetables, healthy fat, slow-digesting starch, fish oil and multivitamin supplements.

I will introduce each habit one at a time, explain them clearly, assess his confidence in implementing them and monitor his progress/compliance at regular intervals as I have for the habits explained above.

• Excellent :)

These habits are flexible and can be changed at any point so that we can deal with any limiting factors that pop up along the way.

• Outstanding! Coach combines structure and flexibility. Plan is based on "What IS" rather than "What should be".