

Nutrition Coaching Program

Your Details:

Name:	
Height:	
Current weight:	
Any medical issues (high/low blood pressure, diabetes, etc):	
Current nutrition / dietary issues or concerns:	
Any food allergies or intolerances:	
Target event:	

Your Goals:

- Lose weight / fat
- Maintain cycling performance / intensity
- Fine-tune nutrition for target event
- Optimise health and well being
- Other:

Desired Support:

- Overall approach, specific areas to focus on, with a month-by-month review and progression
- Measurable targets for ongoing tracking of progress
- Monthly communication (select all that apply)
 - In-person meeting
 - Email
 - Skype
 - Telephone
- Food plan – level of detail ranging from a typical weekday and weekend day, to the whole week
- Recipes – cycling food, meals, ideas as requested, food blog links
- Special dietary requirements – gluten free/intolerant, low FODMAP, elimination diet or food diary
- I want to know about the science behind everything

Overall Approach:

The nutrition coaching program will involve adjustments to your eating habits, tailored to your goals and food preferences.

This is likely to require careful reading of food labels and/or making more foods from basic ingredients. There will be no calorie counting required. You may find it helpful to keep a food diary, particularly as you start the program, to track *what* you eat (content) and how you feel.

It is a new eating lifestyle that you can maintain indefinitely, not a diet.

Cost:

This will depend on how much support you want. Indicative cost is \$100/month although it will be more if you want a high level of support and ongoing communications throughout the month.

How To Get Started:

1. Record a **food diary** for at least one typical weekday and weekend day, including typical consumption while cycling. You could use an app (e.g. My Fitness Pal, Fitbit, etc) or a notebook. Please try to record:
 - when you eat
 - what you eat
 - an indication of how much (you don't have to weight everything, just "large serve" or "4 slices of bread" will do)
 - how you feel throughout the day (sleepy, gassy, full of energy, etc)
2. Arrange for an **initial one hour meeting** with Emma to discuss the food diary, your goals, desired support, and get started!
3. As soon as possible (preferably within the first week of the program if not before) take some **baseline body stats**. Make sure you can repeat these measurements in future. Ideally, this will include:
 - weight (on accurate scales – do three measurements to check);
 - waist circumference (cm at the belly button with tape measure horizontal, it helps to have a mirror or help with this);
 - Dexascan (measures percentage of body fat in different areas, highest accuracy and provides additional health stats – indicative cost \$70-120, search "Dexascan Perth", there are numerous providers).

Questions?

For more information, contact Emma on 0418 664 410 or emma@fusioncyclecoaching.com