

CONTENTS

03

Take It To The Next Level 09

The Law Of Therodynamics

04

What Does Optimum Feel Like?

10

Calories In Vs. Calories Out

07

Do It To Your Way

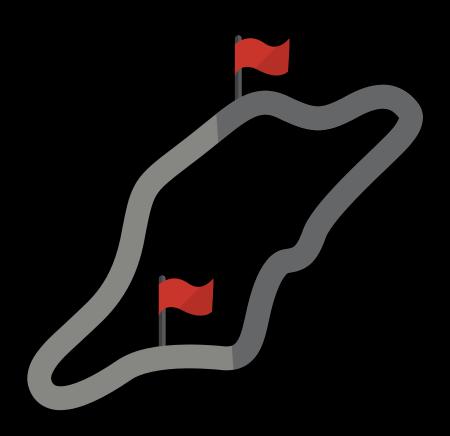
11

Notes

80

Calorie Frameworks

FITNESS ISN'T A DESTINATION



IT'S A JOURNEY

TAKEIT TO THE NEXT LEVEL

Once you've established some good nutrition habits, think of them as a foundation for building a more personalised programme of optimised nutrition that will support specific goals.

We'll help you choose from the many possible paths to take, but only you can decide how much fuel your body needs to make you look, feel and perform in the way you want. And getting there is usually a matter of trial and error.

WHAT DOES OPTIMUM FEEL LIKE?

The following questions overleaf will help point you towards the right nutrition strategy. Share your answers with the coaching team and work together to tailor your programme.

01 Have you been on a diet before? Yes No	02 Did you see results? Yes No
03 What worked / didn't work for you?	
•••••	
04 What do you <i>actually</i> want to achiev	/e?
05 What are your three biggest probler achieving results?	n areas that are stopping you from
06 What are your favourite foods?	
07 What foods don't you enjoy?	
••••••	•••••••

08 Describe how your lifestyle affects your diet in the following ways:
→ Preparing foods vs. eating on the go
••••••
→ Travelling vs. being at home
→ Routine vs. chaotic
→ Similar daily intake vs. varied consumption [e.g. weekend and weekdays]
09 Are you aware of how much you eat / calories consumed?
•••••

DOIT YOUR WAY

Varying factors like metabolism make everyone's optimum nutrition different. That's why our programmes for specific goals are personalised. You'll be given a customised calorific framework, but the way you phase it is up to you. And because we look at 7-day targets, not daily ones, you can be flexible about how you manage your calorie intake over the week.

CALORIE FRAMEWORKS





THE LAW OF THERMODYNAMICS

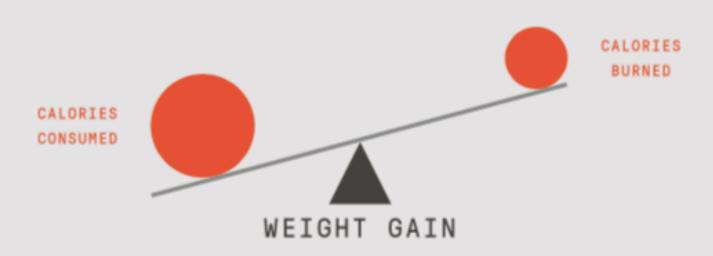
Put simply, the success of your diet will come down to the number of calories that go in and the number you work off. Think of it as energy balance. But to turn your nutrition programme up a notch, you need to look a little more carefully at the detail.

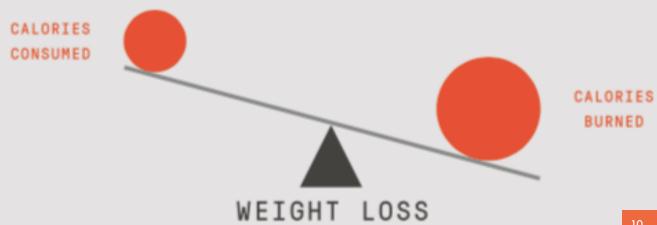
LET'S TALK NUTRITION TRACKING

As your body becomes finely tuned, and your goals become more specific, so too will your approach to nutrition. Whether you're looking to lose weight, gain muscle, or improve performance, you're going to need to monitor the total and types of calories you consume as well as being aware of the kinds of foods you're eating and how they make you feel. It's called nutrition tracking, and it's when macronutrient calculators, such as MyFitness Pal, come in handy. These gadgets aren't for everyone, but they can be a useful tool if you're serious about honing your calorie input.

CALORIES IN vs. CALORIES OUT







NOTES

•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•)
•	•																		•										•											•		
•																																										
•																																										
•			Ĭ								•					•		•	Ū															Ī						•		
•																																										
•																																										
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	•	•	• (•	• (• •	• (•	• (•	•	•	•	•	•	•	•	•	•	•	•	•	• •	• (• (• (•	• (• •	• •	• (• (• (• (• (• (• (▶ (•	•	•	
			• (•	• (• (• •	•	• (• •	•	•	•	•	•	•	•	•	•	•	•	• •	• (• •	• (• (•	• (• (• •	• (• (• •	• (• (• (• (•	•	•	•	

