



Nutrition Accountability Coaching

Getting Started Workbook

A Comprehensive and Totally
Customized Solution For Nutrition
and Lifestyle Management

The NAC Process

Welcome!

Here's everything you need to know about working with your NAC coach to make your nutrition dreams come true.

In this guide, we'll give you an overview of the NAC Process so you know exactly how this will work, what to expect from your coach, and how to set yourself up for success.

Overview

Preparing for Coaching

Onboarding Questionnaire
& 1st Coaching session
Types of Weekly Metrics

Weekly Communication Pulse

Weekly Face-to-Face Session
Text or Email Check-ins

Follow-Up Session

See where you are at!
Celebrate accomplishments

Repeat as needed!

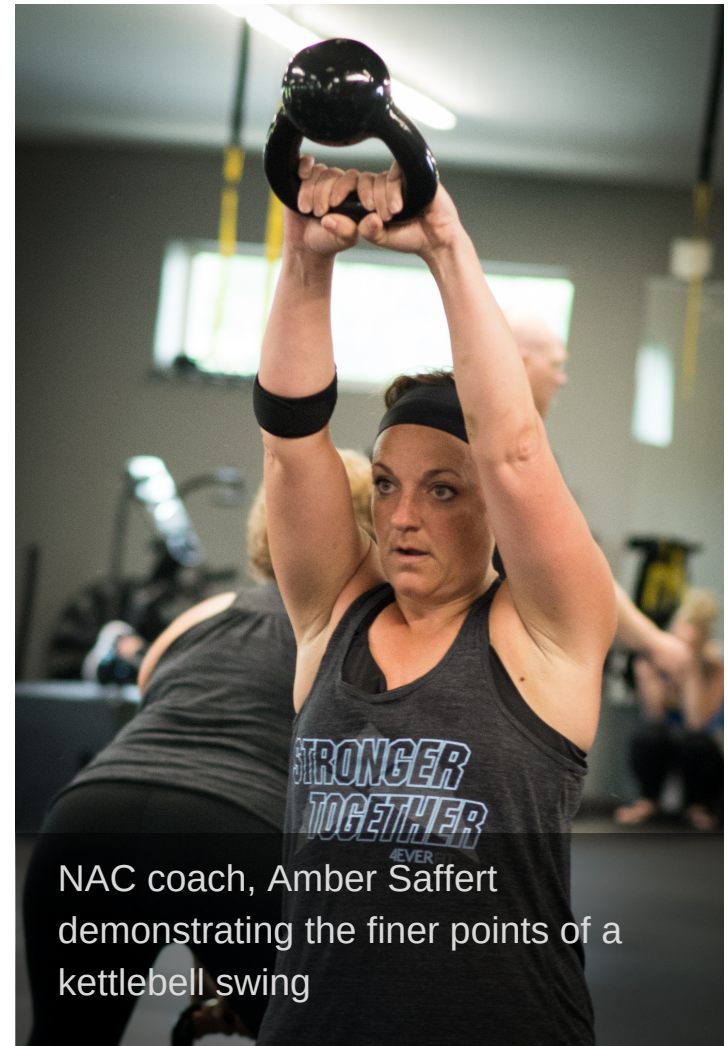
Preparing For Coaching

Step 1: Fill out the [Onboarding Questionnaire](#).

Step 2: Meet with your coach for your 60-minute Onboarding Session.

During this session, your coach will review your questionnaire and ask follow-up questions. The goal of this session is to:

- Get 100% clear on what you're looking to get out of the program
- Create your plan
- Choose your Weekly Metrics
- Decide Weekly Communication Pulse



NAC coach, Amber Saffert demonstrating the finer points of a kettlebell swing

Types of Weekly Metrics

Based on your goals, lifestyle, and preferences your coach will collaborate with you on identifying 1-3 customized Weekly Metrics.

There are three different kinds of metrics you and your coach may decide to track.

1. Sometimes you'll track **Outcome** Metrics, like the number of max push-ups you can do or your waist measurement. Outcome tracking helps us determine if we're seeing progress towards your goals.
2. Sometimes you'll track **Behavior** Metrics, like the number of weekly workouts or how many ounces of water you're drinking per day. Behavior tracking helps us stay accountable to the actions required for you to achieve your goals.

3. Sometimes you'll track **Awareness Metrics**, like how you feel about your relationship with food on a scale of 1-10 or how stressed you felt last week on a scale of 1-10. **Awareness** tracking can help us stay attune to how you're feeling about your relationship with fitness, and how your emotions may be impacting your behavior.

In addition to finalizing your 1-3 **Weekly Metrics**, you and your coach will identify the ideal amount (and type) of communication with your coach. We call this the **Weekly Communication Pulse**.

Most NAC clients do best with one Official Weekly Check-In (usually face-to-face), and 2 support texts or emails each week.

Weekly Communication Pulse

Official Weekly Check-In

What gets measured gets managed!

The heart of the NAC process is 1-3 Weekly Metrics you'll be tracking — and reporting on — each and every week.

You and your coach will do an **Official Weekly Check-In** each and every week to make sure you're on track.

Reporting to your coach on a weekly basis will help provide accountability that will support you in consistently taking action towards your goals.

Text Messages

In addition to the Official Weekly Check-In, your coach will be with you every step of the way. Your **Weekly Communication Pulse** also includes 2 text messages or emails per week from your coach.

In these regular **Messages**, your coach will:

- Give you encouragement to keep you motivated.
- Ask for reports of how you're doing to keep you accountable.
- Share information to educate you on topics pertaining to your goals.

Follow-up Calls



While your **Official Weekly Check-In's** and **Text/Email Messages** will help keep you on track and accountable to your goals, you may find you need to have follow-up communication with your coach to adapt your strategies as you discover what works and what doesn't.

This is normal.

This is what your coach is for and why the weekly session is so important. If you need additional communication through text, we'll do our best to support you in a timely fashion.

Repeat As Needed!

The initial length of commitment for NAC is **6 weeks**. However, being accountable to your fitness goals is a long haul game.

Most fitness and behavior change goals will require a longer period of time to really master your habits.

You are welcomed (and encouraged!) to keep coaching for as long as they like in **6 week** increments.

Please communicate with your coach as to your intentions so we can plan accordingly.

Remember, we'll be in this with you every step of the way.

As you prepare to embark on this journey with your coach, please note the following observations we've made while working with clients over the years:

- No single approach is the right fit for everyone.
- The only way to find the right approach is to experiment.
- Even when you find the right plan for NOW, people tend to need different plans at different times of their life.
- While your coaches can make suggestions and even be directive at times, the person best qualified to determine the right plan for you, is you!

Thank you so much for your faith in us. We know you have many options to find support for your health and fitness, and we can't wait to help you achieve your goals!

In health and fitness,
4Ever Fit Team



You complete
your Onboarding
Questionnaire



You have your
60-minute
Onboarding
session with
your coach



WEEK 1

2 check-ins via text or email

WEEK 2

30-min. meeting
face-to-face

2 check-ins via text or email

WEEK 3

30-min. meeting
face-to-face

2 check-ins via text or email

WEEK 4

30-min. meeting
face-to-face

2 check-ins via text or email

WEEK 5

30-min. meeting
face-to-face

2 check-ins via text or email

WEEK 6



2 check-ins via text or email

30-minute sit down to re-measure
and /or set new goals