## PRECISION NUTRITION COACHING SECRETS:

## A GUIDE TO PRACTICE-BASED COACHING BY JOHN BERARDI, PH.D.

Wondering how Precision Nutrition Coaching works? Want to try our formula? Here's how we help people eat, move, and live better.

#### PN'S UNIQUE APPROACH TO ACHIEVING GOALS

Want to lose weight, build muscle, or achieve any other goal? Follow these two steps:

## 1) BREAK YOUR **GOAL DOWN INTO** SPECIFIC SKILLS

## 2) BREAK THOSE SKILLS DOWN INTO DAILY PRACTICES.

Then record those goals, skills, and practices in a chart like this.

## YOUR GOAL:

**EXAMPLE:** Eat better consistently so I can lose weight

#### **MONTH 1 SKILL** TO DEVELOP

#### SKILL YOU'D NEED TO DEVELOP?

**EXAMPLE:** the skill of hunger and appetite awareness.

#### 2<sup>ND</sup> PRACTICE (2 WEEKS)

**WHAT SHOULD YOU PRACTICE** FIRST TO **DEVELOP** THAT SKILL?

eating slowly.

eating until satisfied,

#### **MONTH 2 SKILL** TO DEVELOP

WHAT'S THE NEXT SKILL YOU'D NEED TO DEVELOP?

#### **MONTH 3 SKILL** TO DEVELOP

AND WHAT'S THE **NEXT SKILL AFTER** THAT?

#### **MONTH 4 SKILL** TO DEVELOP

AND THE NEXT...

#### 1ST PRACTICE (2 WEEKS)

**EXAMPLE:** practice

**YOU SHOULD** PRACTICE? **EXAMPLE:** practice

not stuffed.

WHAT'S THE

**SECOND THING** 

**YOU DEVELOP** THIS SKILL?

3RD PRACTICE

(2 WEEKS)

**AND WHAT** 

PRACTICE

**WOULD HELP** 

#### **4<sup>TH</sup> PRACTICE** (2 WEEKS)

**WHAT OTHER** PRACTICE **WOULD HELP** YOU DEVELOP THIS SKILL?

#### 5TH PRACTICE (2 WEEKS)

**AND WHAT DO YOU NEED TO PRACTICE FOR** THIS SKILL...

#### **7<sup>TH</sup> PRACTICE 6<sup>TH</sup> PRACTICE** (2 WEEKS) (2 WEEKS)

8<sup>TH</sup> PRACTICE (2 WEEKS)

**AND WHAT DO YOU NEED TO** PRACTICE FOR



But wait! If you're practicing the wrong thing you won't make progress. Here's how we select practices for our coaching programs.

#### **SMART PRACTICES FOLLOW** THE 'FIVE S' FORMULA

You've heard that 'practice makes perfect'. But how do you know if you're practicing the right things? In the right order?

#### **EACH PRACTICE SHOULD MEET THE FOLLOWING CRITERIA:**

#### **SEGMENTAL**

Part of a larger process that works together with other manageable steps.

#### **SIMPLE**

Non-intimidating and easily done in the context of your real life.

# **FORMULA**









### **STRATEGIC**

**SEQUENTIAL** 

Addresses the biggest thing that's preventing your progress right now.

Introduced at the right time, in

the right order.

#### **SUPPORTED** Accompanied by support, mentorship, and accountability.

Awesome! But what does good support look like? Read on.

#### **HELP WHEN YOU'RE STUCK**

Life happens. Sometimes we need extra help from someone who's 'been there, and done that'.



That's why we provide world-class coaches. They can help you see past obstacles that seem impossible to you right now.

#### WHAT HAPPENS NEXT?

We pull together these key ingredients - goal setting, skill acquisition, practice development, and personal coaching - to give our clients a transformative experience. All these small steps add up to life-changing results.

#### **SUPPORT AND ACCOUNTABILITY** ARE ESSENTIAL INGREDIENTS

To achieve a challenging goal, almost everyone needs help from time to time. Here are the key elements:



#### **ENCOURAGEMENT DURING** THE COURAGE PHASE.

When you're just getting started, you're committed, but not quite capable. Moving forward takes courage. A supportive coach or mentor can help.

#### A KNOWN CADENCE OF **ACCOUNTABILITY.**

Accountability works best if it happens at regular intervals. Our coaches check-in at expected, planned moments. And workshop leaders check in monthly.



#### A RESPECTED COACH.

A good coach is someone you trust and respect, who's there when you need them. We make world-class coaches available to clients either full time or a la carte.

#### **POSITIVE PROGRESS FOCUS.**

It's important to shine a light on all progress; not just physical. Good stuff is usually happening, even if you can't see it. Find that good stuff and celebrate it.





#### **PROACTIVE OBSTACLE IDENTIFICATION.**

What's better than solving a problem? Avoiding it in the first place. Good coaches warn you about upcoming roadblocks so you're less likely to get derailed.