

PRECISION NUTRITION COACHING SECRETS:

A GUIDE TO PRACTICE-BASED COACHING

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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

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

EXAMPLE: the skill of hunger and appetite awareness.

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) WHAT SHOULD YOU PRACTICE FIRST TO DEVELOP THAT SKILL? EXAMPLE: practice eating slowly.	2ND PRACTICE (2 WEEKS) WHAT'S THE SECOND THING YOU SHOULD PRACTICE? EXAMPLE: practice eating until satisfied, not stuffed.	3RD PRACTICE (2 WEEKS) AND WHAT PRACTICE WOULD HELP YOU DEVELOP THIS SKILL?	4TH 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...	6TH PRACTICE (2 WEEKS)	7TH PRACTICE (2 WEEKS) AND WHAT DO YOU NEED TO PRACTICE FOR THIS SKILL...	8TH PRACTICE (2 WEEKS)
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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:

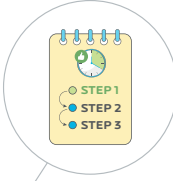
SEGMENTAL

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



SEQUENTIAL

Introduced at the right time, in the right order.



SIMPLE

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



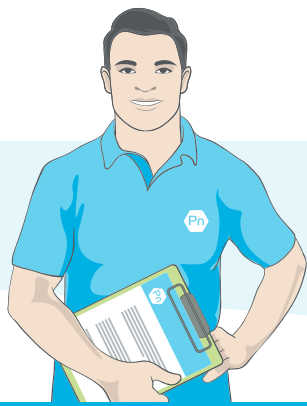
STRATEGIC

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



SUPPORTED

Accompanied by support, mentorship, and accountability.



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

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.

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.