The Domains, Skills and Practices in ProCoach

Domain	Skill	Practice
NUTRITION	Eat Enough Nutrients	Eat enough protein
		Eat enough vegetables
		Eat enough carbohydrates
		Eat enough fats
		Stay hydrated
	Choose Better Foods	Choose better proteins
		Choose a rainbow of colorful vegetables
		Choose better carbohydrates
		Choose better fats
		Choose better beverages
		Eat mostly whole foods
	Eat Well Consistently	Plan your meals
		Prep your meals
		Modify your food environment
		Eat regular meals
		Record how you eat
	Eat Well Intuitively	Eat slowly and mindfully
		Eat to satisfied
		Know why you're eating
		Enjoy eating

Domain	Skill	Practice
MOVEMENT	Move Often	Create and maintain minimums
		Support your movement routine
		Spend more time moving
	Move Well	Focus on form
		Familiarize movement
		Play

Domain	Skill	Practice
STRESS	Prepare	Make time and plan ahead
		Take a 5-min action
		Zen your space
		Reflect and assess
	Tolerate Stress	Actively de-stress
		Get outside
		Do a mind / body scan
		Meditate: Sitting
		Meditate: Walking

Domain	Skill	Practice
SLEEP	Get Deep Sleep	Create and use a sleep ritual
		Improve your sleep environment
		Adjust to your natural sleep rhythm
	Get Enough Sleep	Set sleep targets and plan bedtimes

Domain	Skill	Practice
CHANGE	Emotional Regulation	Notice and name
		Prioritize friends
		Have a crucial conversation
	Growth Mindset	Think on a continuum
	Self Awareness	Know your why