The Domains, Skills and Practices in ProCoach

- **Domain**: NUTRITION
  - **Skill**: Eat Enough Nutrients
    - Practice: Eat enough protein, eat enough vegetables, eat enough carbohydrates, eat enough fats, stay hydrated.
  - **Skill**: Choose Better Foods
    - Practice: Choose better proteins, choose a rainbow of colorful vegetables, choose better carbohydrates, choose better fats, choose better beverages, eat mostly whole foods.
  - **Skill**: Eat Well Consistently
    - Practice: Plan your meals, prep your meals, modify your food environment, eat regular meals, record how you eat.
  - **Skill**: Eat Well Intuitively
    - Practice: Eat slowly and mindfully, eat to satisfied, know why you’re eating, enjoy eating.

- **Domain**: MOVEMENT
  - **Skill**: Move Often
    - Practice: Create and maintain minimums, support your movement routine, spend more time moving.
  - **Skill**: Move Well
    - Practice: Focus on form, familiarize movement, play.

- **Domain**: CHANGE
  - **Skill**: Emotional Regulation
    - Practice: Notice and name, prioritize friends, have a crucial conversation.
  - **Skill**: Growth Mindset
    - Practice: Think on a continuum.
  - **Skill**: Self Awareness
    - Practice: Know your why.

- **Domain**: STRESS
  - **Skill**: Prepare
    - Practice: Make time and plan ahead, take a 5-min action, reflect and assess.
  - **Skill**: Tolerate Stress
    - Practice: Actively de-stress, get outside, do a mind/body scan, meditate: sitting, meditate: walking.

- **Domain**: SLEEP
  - **Skill**: Get Deep Sleep
    - Practice: Create and use a sleep ritual, improve your sleep ritual, adjust to your natural sleep rhythm.
  - **Skill**: Get Enough Sleep
    - Practice: Set sleep targets and plan bedtimes.