

# Week 1-5 Nutrition Flow

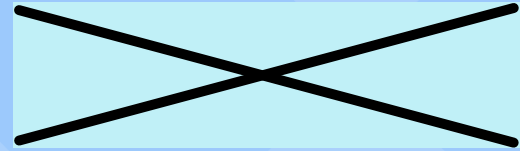
At the end of the initial consultation try to get your client to food journal leading up to their first session.

## Week 1: Main Objective

Food Journaling

## Sub Objective

Water Intake



1. How has food journaling been going so far?
2. How have your hunger levels been?
3. Do you feel you've been successful with your objectives?
4. Is there something we can help you with at this time?

## Week 2: Main Objective

Food Journaling

## Sub Objective Option #1

Water Intake

## Sub Objective Option #2

Protein

1. How has food journaling been going so far?
2. How have your hunger levels been?
3. Do you feel you've been successful with your objectives?
4. Is there something we can help you with at this time?

## Week 3: Main Objective

Food Journal Check-in/Backup Options

## Sub Objective Option #1

Protein

## Sub Objective Option #2

Junk Replacement

1. How has food journaling been going so far?
2. How have your hunger levels been?
3. Do you feel you've been successful with your objectives?
4. Is there something we can help you with at this time?

**Week 4: Main Objective**

Food Journal Check-  
in/Backup Options

**Sub Objective Option #1**

Junk Replacement

**Sub Objective Option #2**

Any previous strategy

1. How has food journaling been going so far?
2. How have your hunger levels been?
3. Do you feel you've been successful with your objectives?
4. Is there something we can help you with at this time?

**Week 5: Main Objective**

Food Journal Check-  
in/Backup Options

**Sub Objective Option #1**

Junk Replacement

**Sub Objective Option #2**

Any previous strategy

1. How has food journaling been going so far?
2. How have your hunger levels been?
3. Do you feel you've been successful with your objectives?
4. Is there something we can help you with at this time?

## Notes

1. After all 5 weeks start your client back at the beginning.
2. For "Water Intake" try to get your client to drink at least half of their body weight (pounds) in water (ounces).
3. Increase your clients protein amount based on their goals and other factors. Make sure they're getting a good amount at every meal. We often recommend at least 0.8 grams of protein per pound of bodyweight per day.
4. Only work on 1-2 goals at a time with your client.