

Client Communication Example - My Journal

The first focus of our program will be creating consistency in habit by tracking our caloric and protein intakes as well as our caloric distribution. Consistency in our food will produce a body response that we can then use to make future changes to our nutrition to create predictable responses

Our first goal will be to achieve our targets listed below for 10 out of 14 days. It may take a few days or weeks to develop the ability to reach our targets and/or build consistency for just a few days, but, once comfortable, we'll aim to achieve the targets for 10 out of 14 days. At that time, if we're comfortable and confident, we can move on to new targets / aspects as we feel are needed.

Supporting Podcast

- 1131 – Nutrition – The Need for Caloric Consistency
 - <https://www.podbean.com/ew/pb-wqqdg-112072f>
- 658 - Nutrition - Diet Tracking - Getting the Most from the Least
 - <https://www.podbean.com/ew/pb-zhjfv-e1a38c>
- 1021 – Nutrition – How Much Carbs & Fats Do I Need?
 - <https://www.podbean.com/ew/pb-jvgpw-108c4d2>
- 1280 - Nutrition - Managing Food Entries in Nutrient Tracking Apps
 - <https://www.podbean.com/ew/pb-yuumn-120089a>

Macronutrient Targets

- Daily Calories
 - Training Days = 1600-1800
 - Non-Training Days = 1400-1600
- Daily Protein - All Days = 100g minimum

Macronutrient Timing

- 1/3 Total Calories within the first ~6 hours of being awake
- 1/3 Total Calories within the second ~6 hours of being awake
- 1/3 Total Calories within the third ~6 hours of being awake

Please let me know what Tracking App you chose and what your username and password is so I can login to provide feedback! You can write them below in black font!

Username:

Password:

Instagram:

Weekly Entries

You're welcome to write any questions or comments in this document and I will answer them asap- When you write you can write in **BLACK FONT** and I'll respond in **RED FONT** to help with easier reading

Also, each week I will review your nutrition tracking information in this document and provide feedback including any information that may help

In order to improve communication - go to the Tools option in the menu bar above, under the Notification Settings, in the Edits section, select the Added or Removed Content option so you'll receive an email

notification when I enter information into this document. I will do the same so I respond as quickly as possible to your messages. If you need feedback in under 48 hours please text me at 412-303-8663 to let me know

Document Navigation = you can use ctrl+end to automatically scroll to the bottom of the document

Document Notification = you can receive an email notification when I respond in this document by going to the Tools menu, select Notification Settings, under the Edits sections select Added or Removed Content

(You can write below here)

11-25-22

I'm excited to be working with you!!!

11-29-22

Thank you for the nutrition login info!

How'd the first workout go?

It went well, besides the sled pulls. Definitely need to add more weight and use the set up you sent me. My left side is a lot weaker/less stable, felt like a weeble wobble doing Bulgarian split squats when my left leg was forward. 😞

- Good to find the difference so that as we address the difference and balance it out with safe movements when we push harder on the large bilateral movements we'll be stronger a lot safer

When you're doing vacuum's correctly should it feel like a really intense abdominal contraction? That's a new exercise for me.

- Yep! It's an odd feeling but the benefits are a tighter / flatter stomach and more abdominal control for heavy lifts which helps protect our low back

Have you done a podcast about tracking your training? I've been keeping mine in the notes on my phone but wondering what you recommend etc

- Here's a podcast that touches on that topic. Let me know if you have any questions after listening!
- <https://www.poisdbean.com/ew/pb-gnpax-12c4d96>

12-1-22

Yikes. I got really off track today and ate oatmeal, yogurt and fruit until my belly hurt. Should I try to track that? 🙄

- Yes, track when you go over, but don't beat yourself up. When we have super hungry moments lets talk about what you were feeling and let's see if there's anything to learn from it / adjust due to it. I know I'm pushing your calories low at the moment so we'll see if your body responds and the hunger lessens through this next week or if we need to bring the calories up

12-3-22

My big takeaways this week. I need to be more consistent with water, I'm really slack about drinking water when it's colder. I've listened to most of the podcasts you recommended and I probably need to increase my calories in my first 2 or 3 meals of the day instead of having them equally spread out over the day.

- Water - It is challenging if you're not used to drinking, but setting some midday markers (X amount by 10am, X by 4pm, etc.) that can help!
- Distribution - blending the calories evenly throughout the day is a great baseline and it is enough to achieve good results. Getting the distribution closer to ½ calories & protein around the workout and the rest away from the workout does help maintain a leaner physique. It doesn't have as much of a significant effect on fat loss but you do look leaner at the same weight with the distribution pinpointed more around the workout

12-3-22

Macronutrient Targets

- Daily Calories
 - Training Days = 1600-1800
 - Non-Training Days = 1400-1600
- Daily Protein - All Days = 100g minimum

12-2-22 1650 164

- Awesome! LOVE IT!!! Excellent calories! Love the protein! The 100g minimum was just to put something out there as a baseline, but if you're used to eating more then we'll bump up our target

12-1-22 2226 180

- High on calories here. 2200 is around 14x body weight which isn't too high assuming you want to maintain your current body fat levels. If you're wanting to get leaner we'll want to push down lower, using a guesstimation of your ideal lean weight, say 150, and a range of roughly 11-13x that body weight which is 1650-1950... I put us lower to get faster results while we also had to focus on smaller movements in training, and then as your weight drops some and we can push back up the intensity of the training we'll add more calories back in to push our weekly average up which will still keep us in fat loss but will help provide better energy for the workouts

11-30-22 1739 173

- Good job!! Good calories, good protein!

11-29-22 1638 161

- Good job! Good numbers, good distribution!!!

11-28-22 1684 165

- Excellent! Great job!

New Macronutrient Targets

- Daily Calories
 - Training Days = 1600-1800
 - Non-Training Days = 1400-1600
- Daily Protein - All Days = 130-170g

*We don't want to go over 40% of our calories coming from protein because that will over-limit our carbs/fats which decreases energy and actually decreases fat loss and training performance. Depending on what results we see in your body weight & performance we may boost your calories within the next week or so

Do you take any supplements?

Video Comments...

Bulgarian Split Squats

Excellent tempo of the reps, good muscle control throughout the whole range of motion. You're right we'd want the weight on the other hand for this variation/

Belt Squat March

Good job with the set up and the concept of it. With these you don't have to bring your foot as high, bring the foot up to about mid-shin of the other leg. It'll help allow you to add more weight to better stress the hips and supporting muscles but still be high enough to force the side to side alternating hip bracing aspect of the movement

Squat

Great overall set up, great foot width, great external rotation of the knees, good foot pressure, really well done!

In the video you can see your wrists are bent which is an opportunity for us to add an extra element of strength and stabilization. If your wrists are bent then it's likely that you're pushing up to some degree on the barbell which decreases thoracic stability and increases potential risk to the hips and low back. Ideally we'd rather be pulling down and back on the bar. Doing this helps increase Lat tightness, helps prevent against forward shifting in balance on the descent, and pulling back on the bar coming out of the bottom really helps to maintain mid-foot balance and engaging the glutes / hips

<https://youtu.be/oRCD6iEj9po>

Work on the bracing cues in this video and see how that changes the feel of squats next week

The front angled view is great... side views, ¾ front views, and direct front views are all helpful. Any of those that are convenient to record (depending on who's in the gym) are helpful and then I'll also ask for specific views if needed as we work through the hip issues

12/4/22

Thanks for the feedback. I'll work on bracing and straightening out my wrists this week on squats

I take a multivitamin, D3, fish oil and L-theanine. Sometimes I take evening primrose oil around my cycle. I was taking 30 mg of zinc everyday but my numbers were high on my last bloodwork and it was recommended to take it every other day but i stopped all together. I also put a scoop (5g) of creatine in my intra shake on training days.

- Multi - good!
- D3 - hell yeah!
- Fish Oil - good!
- L-Theanine - do you take this for "anti-stress" benefits?
- Primrose Oil - good!
- Zinc - awesome you were taking it! So many women don't know the benefits / needs for it
- Creatine - good!

12/6/2022

I uploaded sled pulls and split squats to instagram. Jeez, sled rows are tough, they require way more coordination than I would have thought. Split squats went way better this week. I was able to increase weight and reps felt much more stable. 🤝

- Sled Rows - EXCELLENT!!! Awesome positioning! Excellent use of the mid-back squeeze rather than just pulling with the biceps - SO WELL DONE!!!! Awesome job!!!
- Split Squats - set up about 1-2 inches closer so at the top your top of the foot / low ankle crease is able to stay on the pad - it looks like the roller could move up 1 notch as well to help. This positioning

change will give you more stability as we progress to heavier weights. Excellent job here! These look GREAT!!!

12/7/22

So I probably should have asked last week but social events. How to handle? I'm eating dinner out with a friend tonight so I banked some calories. Is that an ok approach? I also have a work Event tomorrow, so kinda using the same approach. I have confidence in my ability to make good choices or eat smaller portions but curious if there is a better way to handle it (especially when dieting).

- Bummer, sorry I missed answering this for tonight
- Cut back on carbs/fats but not proteins at other meals of the day and then when you eat at the social event focus mostly on proteins, small bites of fun foods, and then guesstimate your calories if you want afterwards or just make a note of the protein estimate for the day and make a note that it was a social event meal and we'll leave that day be what it is. As long as you're doing well on other days a random meal here or there won't hold you back
- Here's a podcast with more info if you want to listen - <https://www.podbean.com/ew/pb-rqj4-12dce91>

12-7-22

New Macronutrient Targets

- Daily Calories
 - Training Days = 1600-1800
 - Non-Training Days = 1400-1600
- Daily Protein - All Days = 130-170g

12-6-22 1650 167

- Excellent job! Great numbers, great distribution!!!

12-5-22 1603 163

- Great job! Excellent!

12-4-22 1596 156

- Great job!

12-3-22 1446 147

- Great job! Good calories for a non-training day! And great distribution! Well done!!!

12/9/2022

I started taking L-theanine for stress/anxiety. I'm not sure that it helps, I'm kind of Type A but I do think I sleep better when I take it.

- Understandable. Reducing stress / anxiety without prescription medicine is challenging, mostly I've found for clients that struggle with that is increasing their sense of control in life; planning, tracking behaviors, creating flexible habits to increase their sense of consistency, etc.

I'm having blood work for Thyroid/hormones etc next week, so I could go back to taking zinc if my numbers are low/normal. I think that may be one of the reasons I've remained Covid free. That and exercising consistently. Thanks, for keeping the gym open during the pandemic, I'd have gone mad otherwise.

- I'm glad you've been able to stay covid-free!!! That's AWESOME!!!! I was very happy I was able to keep the gym open throughout the pandemic. It had its challenges but I'm the same way, without the gym I would have gone crazy haha. I'm glad it's a happy place for you!

I'm so glad to be able to use this approach with social events. I think in the past, I was so focused on being perfect that any time I went off plan, it just sent me overboard, and I was just constantly starting over.

- YES!!! It happens to SO MANY PEOPLE!!! Truly being around calories and protein targets is all that matters as compared to specific food choices, especially considering it's only one meal or one day of a whole process

I uploaded my squat video today. I think they went ok. I noticed my left wrist is still a little bent, so I'll continue working on that. Overall training is going well, I upped weight and/or reps on all exercises this week.

- Very clean technique! The hips looked very stable, I didn't see any rotational twisting or side to side shift. It would be normal for some micro-movements in those planes throughout a squat but we wouldn't normally want to be able to see it visually
- The upper back bracing looked really good! The shoulders were contracted down towards your hips for proper bracing very well. The wrists are bent but it didn't look like you were pushing into the bar which is the main aspect of that cue that we're looking for. You may use your hands to help create a backside of the bar support but we never want to be pushing up into the bar to provide that support
- For this upcoming week can you get a video directly from the side and directly from the front for me?

The only movement I'm struggling with is that pigeon shark movement. Almost have to be on my hands and knees to get my back leg to lift up to do the shark tail. That is a difficult movement for me.

- Interesting to see there's a struggle with that movement! I makes sense given the issues we're having with the piriformis and internal glute muscles. It's good to find small movements like this that challenge our muscles because it's a safe way to challenge the issue as opposed to a big heavy movement like squats / deadlifts

My weight has pretty much stayed the same plus or -.4 pounds. I do feel like I look better, I think I'm probably not as puffy since I'm eating more regularly. In the past, I've lost weight in chunks, there will be a few weeks where it's nothing and then drop 2-3lbs etc..

- Yes, fat loss happens inconsistently in the short term (days and weeks) but can be managed consistently when tracked for chunks of time such as per 4 weeks. Typically when I work with clients in the way that we're doing it we won't see initial weight loss because although we are losing fat we're likely building some tissue in the smaller muscles that haven't been isolated properly before and we're filling your glycogen stores with more consistency in nutrition which increases water retention and consistency of water retention. We should see weight loss trending per 4 weeks though, and if we're not we'll adjust the food / training to get that trend. So, we'd compare our weight "today" (whichever today it is haha) to what it was 4 weeks ago on that day. So, today, Tuesday the 13th we'd compare to Nov 22nd. As we continue to work together we can discuss these comparisons and see what the trending change is

12-13-22

New Macronutrient Targets

- Daily Calories
 - Training Days = 1600-1800
 - Non-Training Days = 1400-1600
- Daily Protein - All Days = 130-170g

12-12-22 1663 166

- Good numbers! Good distribution as well!!! Great day!

12-11-22 1644 165

- Excellent again! Really well done!

12-10-22 1550 162

- Good work! Again, very good numbers and distribution!

12-9-22 1606 155

- Good job! Good numbers, good distribution

12-8-22 1632 179

- Good work again!!! Excellent!

12-7-22 1668 156

- Good job again!

Excellent work with your nutrition! Kicking ass!!!

12-14-22

Yay! Thanks for the feedback. I'm probably splitting hairs at this point but do I need to log calorie free things? For example a Coke Zero?

- No worries about splitting hairs! It's good to know which hairs matter haha.
- Nope, you don't need to log calorie free things but good to check!

12-15-22

I was super hungry today and started snacking after my 4th meal. I just made it my 5th meal and don't plan on eating for the rest of the day unless I get hungry but it's almost 5pm and I'm still full.

- We'll see if this comes up again and see if we need to adjust our daily targets and/or allow a day to eat more to account for increased recovery demand later in the week. We want a deficit to push fat loss but not a deficit that causes us to react with a natural urge to over-eat which eliminates that deficit, so we'll work to find a good balance

12-16-22

Realized later yesterday, that my cycle should start next week and that's probably why I felt like eating my face off yesterday. I actually feel pretty good about yesterday, even though I stopped eating in the middle of the day because normally, over eating like that early in the day, would've just led to binge eating for the rest of the day, so I kind of feel like that's a win.

- Okay, yeah, baseline calorie need does jump a few hundred calories during your period so that makes sense

- Yes! Any time a variance from the program stops immediately and you get right back on track, that's a huge victory!!!

Training went well this week, progressed with reps or weight on all exercises. Squats felt good, I know I'm supposed to squeeze my quads on the ascent coming out of the hole, but for some reason I'm feeling it more in my hamstrings and glutes, I'm not sure if that matters.

- That is good to know, and there are a few components as to why you may be feeling your glutes and hamstrings more, notably they're more sore and still healing by the time you come into the squat workout so they're going to be more sensitive mind-muscle wise than your quads, and as we work to continue to progress your technique you'll likely feel them being more engaged especially as your body begins to trust them again to do their job within the squat movement

Another thing I'd like work is judging rpe. A lot of times when I'm training, I feel like I'm working hard at a certain RPE and then I watch the video and it looks way easier than it felt. Would you say the incline DB bench video I sent was an RPE 10?

- I'll add some RPE awareness development into our next program! Definitely a helpful thing to know!
- Unfortunately I couldn't get the video to play, would you mind sending it again?

I took a more narrow split stance on Bulgarian's and felt much more stable this week. I may be even starting to like them 😊.

- Hahaha, glad that helped!!! They are going to be AN AWESOME exercise for you in regards to continuing to develop your overall strength and aesthetics so I'm glad they're at least becoming tolerable haha
- And yes, in the video the stance width does look much better!

12-19-2022

I went down the rabbit hole with your podcast. I listened to your podcast this morning about the 12 week transformation which led me to the under eating podcasts, which led to the pivot podcast #1426. I totally think I could be (or have been up to this point) overactive and undereating. Do you think under eating could be an issue for me? I always thought that eating too much was my issue, like yesterday I ate all that cereal. I have most of the symptoms getting injured, feeling burnt out and I've always had a lot of hair shedding ever since I was diagnosed with hypothyroid, but it's really increased over the last year and my calories were pretty low towards the beginning of last year when I dropped calories and was doing a ton of exercise.

- Yes, I think that's exactly what you've been struggling through which is why when you reached out to work together I was so excited!!! We've known each other for a long time and from when you and I first ever met I figured under-eating was an issue for you so I'm excited to work together because I think you have HUGE potential aesthetic and strength wise so I know once we get your body in a healthier, more responsive state we're going to see huge progress!!!! My main focus right now is to see how your body responds to the current nutrition and training volume / intensity and then push both of those over the upcoming months to see how much we can get your body to process food-wise which fuels faster adaptations so I'm really excited

12-20-22

Had a PR today. Incline DB press 40lbs x 6 x2 🏆🏆🏆!

- HELL YEAH!!!!!! Love PRs!!! Awesome work!!!!!! Very happy for you! You work hard and are very consistent! I'm super excited to see continued PRs in the upcoming months!