

Nutrition

- Every 2 to 4 hours to eat. How much calorie you should intake a day? _____
- Every meal eat lean protein. What's lean protein? _____
- Eat fruits or vegs every meal. How much do you serve a day? _____
- What are complex carbs and simple carbs? _____ simple carbs? _____
- What is healthy fats? _____

Motivation

What is your outcome goal?

Why do you need to reaching outcome goal?

What is your behavior goal?

What is your issue?

Sleep good? Eat good? Activity? Stress management? Supplementation?

Please list food you love and would like to have in your meal program. These foods/ meals/ dishes can be the type that are considered healthy or cheats.

Please list any foods you dislike or have allergies to or foods that you would not like to have in your meal program.
