

MAXIMIZE YOUR RESULTS CHECKLIST

Feel like you're hitting a plateau? Before asking your coach "What can I improve on?", go through this list & make sure you check all the boxes!

WATER

Are you consistently getting in a minimum of 1 gallon daily and spacing your water intake out throughout the day? Be consistent with this, whatever your normal intake is, try to hit that daily!

ARTIFICIAL SWEETNERS

Are you consuming artificial sweeteners in excess? Mio, Crystal Light, BCAAS, Diet Soda Pop, Walden Farms Sauces, Sugar free ketchup or BBQ sauce, Etc. are all very popular but can cause water retention, bloat, and cause a stall in progress when consumed in excess.

SEASONINGS OR ADDING SAUCES

Some seasonings like Flavor God & Feast Mode have added sugars and ingredients that can cause bloat and water retention when eaten in excess. Be mindful of what is in your seasonings, and don't forget to account for any marinades, sauces, and condiments you are using.

NUTRIENT DENSE FOODS

Are your food choices nutrient dense? Have you eliminated processed foods and dairy? Are you getting adequate greens in, minimizing your intake of protein shakes & bars, and are the meats you are consuming FRESH versus previously frozen?

LOGGING ACCURATELY

Are you weighing out ALL your foods with a food scale and logging your food according to how you are weighing it? EX: weighing meats cooked & logging them cooked vs. the raw weight. Are you having some BLT's (bites, licks, tastes) and not accounting for the additional food? Well ya should be....it adds up!

CONSISTENT MEALS & TIMING

Our bodies do best with repetition, and it's easier for your coach to manipulate your diet when you are repetitive with meals, eat similar foods daily, space out your meals throughout the day evenly, and eat around the same times each day.

SLEEP, RECOVERY, & STRESS

Have you developed healthy sleep patterns & are you getting adequate sleep each night? Have you implemented a recovery program with consistent bodywork, rolling, stretching, ice baths or cryotherapy, etc.? Also, assess your stress levels. High stress can result in increased cortisol levels which in turn can negatively impact your progress.

SALTING MEALS CONSISTENTLY

Are you salting and seasoning your meals consistently? YOU NEED TO BE! If there are inconsistencies with your sodium intake, make an effort to get consistent ASAP with the amount of salt you are using on each meal.

CARDIO & DAILY ACTIVITY LEVEL

If you have a daily step goal assigned are you consistently hitting it? Are your target HR goals being met during your cardio sessions? Are you doing the amount of cardio sessions outlined by your coach?

CHANGES TO MEDICATIONS OR SUPPLEMENTS

Please communicate with your coach if you start any new medications, supplements, change doseages on current medications, or remove any supplements or medications that you were previously on.