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| **Food diary analysis and recommendations** |
| **Client’s goals regarding healthy eating or any fitness related objectives (e.g. fat loss, muscle gain, preparing for an event).** |
| **Eating or drinking behaviours that are detrimental to the client’s health.** |
| **Positive eating behaviours that the client should continue.** |
| **Hydration levels and water consumption.** |
| **Caffeine consumption.** |
| **Alcohol consumption.** |
| **Processed food consumption.** |
| **Fruit and vegetable consumption.** |
| **Macronutrients analysis - Carbohydrate.** |
| **Macronutrients analysis - Protein.** |
| **Macronutrients analysis - Fats.** |
| **What changes does the client need to implement to their current nutrition to meet their goals?** |
| **What potential barriers to change may your client face?** |
| **What methods would you recommend to your client to overcome these barriers?** |
| **How will training affect your client’s nutritional requirements? Include any recommendations related to the client’s fitness goals.** |