

Balance.

ONE TO ONE COACHING SERVICE

WELCOME

Welcome to our community

WHAT TO EXPECT

From Day One of signing up you'll have full 24/7 access to contact your coach and they will work to get the following over to you as soon as possible;

- A personalised recommendations booklet
- A macronutrient and calorie plan tailored to you and giving separate recommendations for training, rest days and, for women, recommendations based on birth control or menstrual cycle phase
- Supplementation recommendations and explanations
- Weekly check ins - physical and psychological analysis
- For athletes - Training and performance monitoring
- High protein snack and meal recipe ideas

Measurement metrics include;

- bodyweight (in lbs) *optional*
- waist (in cm)
- hips (in cm)
- additionally - thigh/upper arm (females) / chest/upper arm (males)
- Nutritional Education Surveys
- Mood state, self confidence and self esteem analysis
- Progression photos (for personal use and only if comfortable with).

HOW DO WE START?

Whilst we work on your page of recommendations, macronutrient and calorie plans as well as supplement prescription, sending us over the following starting point metrics would be helpful;

- bodyweight (in lbs)
- waist (in cm)
- hips (in cm)
- thigh/upper arm (females) / chest/upper arm (males)*

Your coach will also be emailing you over links to access our member hub, jam packed with reading materials, recipe books and much, much more.

All this data, including the original screening questionnaire, will be used to formulate the aforementioned recommendations, plans and prescriptions.

It'd also serve you well to set up, reinstall and or login to myfitnesspal - an online food diary and tracking software with a vast library of everyday brands and foods that will more accurately, and easily, allow you to evaluate your day to day calorie, macro and micronutrient intake.

*Only if requested

WHAT NEXT?

Within the next few days you will receive your tailored list of recommendations, macronutrient and calorie plans as well as your supplement prescription.

Your coach will be in touch to discuss goal setting, both micro and macro (short and long term), accountability and how to achieve certain difficult targets; such as the increased protein, fibre, fruit and vegetable intakes.

They will also give some brief insight into supplementation brands, which to choose, where to buy them from and why to pick x over y in this scenario and be on hand to answer any general q and as you may have.

We'd absolutely love it if, as long as you're comfortable to do so, you documented your experience with us on social media platforms. We want to help as many people as we can and getting endorsements from those who we're working with go such a long way!

Many thanks for your support and we're excited to get to work with you!

Jamie

USEFUL RESOURCES

Here are some helpful resources to make use of for dietary, exercise and educational purposes;

www.myfitnesspal.com

www.examine.com

www.balanceie.com

For Exercise

www.elitefts.com

www.crossfit.com

3dmusclejourney.com/blog/

For supplements

www.informed-sport.com/

www.amazon.co.uk

www.dolphinfitness.co.uk