**Nutrition System Checklist for the Assessment**

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|  | Explain the roll of the Accountability Coach |
|  | Schedule the clients start date for the nutrition portion of the program in Infusionsoft |
|  | Make sure they have already been given TFW Welcome Kit (T-shirt, Water Bottle, Shopping Bag, etc.) |
|  Go over the step by step directions for Days 1-10   Review nutrition recommendations and guidelines   3 Ways To Engage (Email, Phone Calls, Face to Face) | |
|  | Getting A Few Emails |
|  | MyFitnessPal –link on Member’s Only Site TFWclients.com Password: 1222 |
|  | Go over Member’s Only Site (has all tools, traveling workouts and MyFitnessPal) |
|  | Schedule quick check in before or on day 10 of the program to review ( Days 11-24) |
|  | Collect Nutritional Intake form for client to review for categorizing client for coaching |
|  | Place Client Into a Category Based on Assessment Results and Intake Forms |
|  | Record clients BMR for coaching on calories consumed |
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