**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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