

## 1 CONSULTATION

- Getting to know you
- About us
- Health/training history
- Current fitness level
- Goals
- Nutritional evaluation
- Sleep evaluation



## 2 TRAINING PLAN

- Training schedule
- Programming
- Measurable's

## 3 NUTRITION STRATEGIES

- Quality
- Quantity
- Timing
- Supplementation



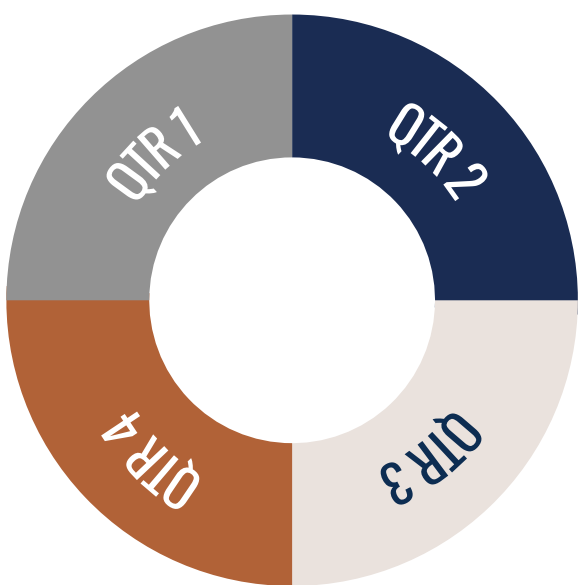
## 4 SLEEP HABITS

- Routine
- Setting
- Position
- Sleep and wake times



## 5 PSYCHOLOGICAL

- Mentality
- Emotional state
- Beliefs
- Why do you train?



## GOALS

CHOOSE ONE PER QUARTER

- ✓ NEW GOAL/COMPETITION
- ✓ ESTABLISH PLAN
- ✓ TESTING OR COMPETITION DAY
- ✓ EVALUATE