

4 WEEK JUMP START COACHING PROGRAM



Week 1

Goal Setting and Success Tracking

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If you have any health issues or concerns please consult with your physician. Always consult your physician before beginning or making any changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

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Success Tracking

1) Monthly – Pictures, Weight, Measurements

In order to hit your long term weight loss goals you've got to break them down to measureable parts starting with monthly goals. Depending on where you're starting from your monthly weight loss goals can be anywhere from 8-16 pounds at the beginning. The more weight you have to lose the faster you will see the first 20,30 and even 40 pounds come off.

In most cases we wouldn't tell you to expect more than 1-2 pounds of weight loss per week, but in our experience many people see upwards of 4-5 pounds of weight loss per week at the beginning because their nutrition program represents a dramatic shift from the former eating routine.

Regardless of how much weight actually comes off, we recommend setting realistic weight loss goals of approximately 8-10 pounds per month at the beginning for those who have more than 30-40 pound to lose. If you only have 10-20 pounds to lose then we suggest a monthly weight loss goal of approximately 6-8 pounds.

In order to track this you need to pick one day of the month to be your monthly check point. I suggest the first or last of the month. Weigh yourself and take all of your critical measurements along with your pictures on this day with the same clothes on in the same setting with the same lighting.

I suggest doing your weight first thing in the morning after you wake up and before you eat or drink anything. This is one of the simplest ways to control and make your measurements consistent from month to month.

Take each of the critical body measurements as outlined in your success tracker workbook and record them so you have a monthly point of comparison.

2) Weekly – Weight and Measurements, Workouts, Days of Program Hit and Missed

At the weekly level you don't need to take pictures because you may not be able to see the changes even though you can measure them.

On a weekly level your body weight can change significantly along with some of your critical measurements like waist, arms, legs and shoulder measurements, however it might not be too obvious in the mirror.

It's important to take these weekly measurements to keep you motivated, on track, and how to know if you need to adjust your nutrition program or exercise routine (if you're exercising).

At the weekly level it makes sense to also track how many days you stuck to the program and how many days you strayed from the program. You should notice that the more days you can stay on the program directly results in more weight loss. This is a powerful way to see how the program works for you as long as you stay on track.

3) Daily – Meals and workouts

On a daily basis bodyweight and your measurements won't change enough to merit recording them. Instead you should be focusing on and tracking your workouts and your meals. Just keep track of the meals you hit and the meals you missed.

For workouts keep track of how your workout went, sets and reps, how many sets and reps you hit and how many you missed. Pay attention to your energy levels and how you felt throughout the day.

In general daily tracking helps you become more aware of your body, how you feel and your relationship with your food and exercise routine.

Measurements and Metrics

Your success tracker workbook has all of the measurements you need to take including weight, and all of our tape measurements like waist, hips, arms and legs.

Each one of your coaching manuals adds another level of tracking for your daily weekly and monthly meal plan success. Use the charts and tools in both your success tracker workbook and these manuals to stay on track and moving forward.

Writing something down with a pen and paper makes your goals and commitment to your body transformation more real that's why tracking your progress is critical to your fat loss success.

Transformation Pictures

How to Take Effective "Before" Pictures

Before pictures should be taken in minimal clothing that shows off your problem areas that you really want to improve upon. For guys just wear shorts with no shirt on, for girls wear a sports bra and some form of shorts.

If you're not comfortable with these recommendations, wear whatever you are comfortable in. But the point of these before pictures is to have a recorded image of the body you want to change, so it might be slightly uncomfortable to take the picture, but I can assure you the more uncomfortable the picture is, the more motivation it will give you to change. (I know it sucks...what a lousy catch 22!)

Stand in front of a plain wall with no pictures, windows or decorations in the background behind you if possible. Go with the standard lighting in the room and take pictures in the following three different positions.

1. Front facing camera with your arms at your side
2. Side shot facing 90 degrees to the camera
3. Back shot, with your back to the camera arms at your side

How to Take Effective "After" Pictures

Take your after pictures in the same three poses and in the same room as your before pictures.
Tanning

Post it Picture

This is the before picture that you post somewhere so you can see it every time you feel like straying from your goals. Print out as many before pictures as you need and post them up anywhere in your house, car, at work wherever you need it to remind you why you are dedicated to making this change in your life.

This next bit of information is a bit of a harsh reality check reminder, but it's necessary and effective.

The Naked Truth (this is a bit tuff)

If you feel like you want to cheat on your diet then do this one reality check.

Suppose you are feeling like you just HAVE to have a deluxe pizza or tub of Hagen daaz all to yourself tonight and you really think you don't have the will to stop.

Immediately go into naked eating reality check time...which is as follows:

Step 1) Get the food you want to indulge in

Step 2) Take all of your clothes off (I suggest doing all of this alone)

Step 3) Take the food with you and stand in front of the mirror with as little clothing as possible (that's right down to your tightie whities)

Step 4) Decide if you can really eat all of this food while looking at your naked body in front of the mirror

If you're happy with what you see in the mirror then by all means go ahead and devour that pizza and ice cream. If on the other hand you're not quite where you want to be, then put the food away or give it away, or only eat the amount that fits into your diet.

Week 1 Checklist to have completed before starting week 2:

1. End Game Goals
2. Long Term Goals
3. Mid Term Goals
4. Short Term Goals
5. Success Tracking Measurements Recorded
6. Before pictures taken saved and posted in key area of your house
7. Success team assigned
8. Emergency phone call contact person chosen and code word established

Once you've finished each step on this list you are ready to start your fast fat loss transformation.

Daily Compliance Tracking

The only way to know if you're on target or not is to track your daily compliance. Memory is not a good tool for this as we know from scientific research that people cannot remember what they ate as little as 24 hours ago. Because of this we have provided you with a daily compliance tracking chart to monitor your adherence to the meal plans.

Print the Daily Compliance tracking chart (located on the last page of this manual) to track your compliance on your meal plans. Put a checkmark in each meal # box when you successfully follow the meal plan. Put an 'X' in the meal # box when you missed following your plan

At the end of each day calculate your total compliance for the day.

For example:

On day 1 if you hit all your meals except meal #5 then you would place four checkmarks in each box from Meal #1 – Meal #4 and an 'X' in meal #5, your total compliance for the day is 4/5 so you would put 80% at the bottom of the column for Day 1.

You will notice that each day has 6 meals outlined in the chart, however most of the meal plans are outlined for only 5 meals per day. If you are following a 5 meal per day program then simply disregard the 6th meal column. Therefore if you hit all five meals in a day, your compliance would be 100%.

DAILY COMPLIANCE TRACKING						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal 1	Meal 1	Meal 1	Meal 1	Meal 1	Meal 1	Meal 1
Meal 2	Meal 2	Meal 2	Meal 2	Meal 2	Meal 2	Meal 2
Meal 3	Meal 3	Meal 3	Meal 3	Meal 3	Meal 3	Meal 3
Meal 4	Meal 4	Meal 4	Meal 4	Meal 4	Meal 4	Meal 4
Meal 5	Meal 5	Meal 5	Meal 5	Meal 5	Meal 5	Meal 5
* Meal 6	* Meal 6	* Meal 6	* Meal 6	* Meal 6	* Meal 6	* Meal 6
%	%	%	%	%	%	%

*- Meal 6 only appears in limited diet plans, most meal plans have 5 meals only in which case disregard meal 6 row and work with 5 meals = 100%.