

COACHING LESSON PLAN

LESSON 1

LEARN THE BASIC 4 WS OF FAT LOSS

- Breakdown all 4 Ws
- Understand the role each W plays
- Expectations of this journey
- Tips on how to succeed
- Week 1 Goals

LESSON 2

INTRODUCTION TO MACROS

- What is a diet?
- What is a calorie deficit?
- How long until you will see results?
- 4 Common mistakes people make
- Preliminary meal plan
- Expectations & tips on how to succeed
- Week 2 Goals

LESSON 3

WEIGHT LOSS VS FAT LOSS

- Difference between weight loss and fat loss
- Best strategy for a lean, toned physique
- Why protein matters
- Comparing types of protein
- Equation to decipher good protein
- Expectations & tips on how to succeed
- Week 3 Goals

LESSON 4

BODY RECOMPOSITION

- Stages of a body recomposition
- How to make macro friendly meals
- Importance of vegetables
- Tips on how to meal prep successfully
- Tips on how to stay consistent
- Importance of working with a coach
- Common questions/doubts
- How to eat mindfully on vacation
- Expectations & tips on how to succeed
- Week to come Goals

LESSON 5

HOW TO PROPERLY WEIGHT TRAIN

- Focus on discipline
- How to deal with hunger and cravings
- Learn the benefits of training
- Misconceptions of weight training
- How to cut fat and build muscle
- Introduction to progressive overload
- Expectations & tips on how to succeed
- Week to come Goals

LESSON 6

WEIGHT TRAINING FORM CHECK

- Learn proper form to ensure best results
- How to fix common mistakes on form
- Client starts to send in videos of themselves to evaluate their form
- Personal feedback given to improve form and intensity