

Fitness Success Plan

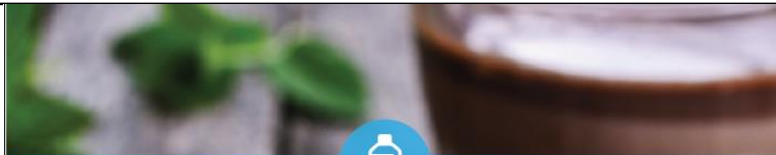


1

NUTRITION

Daily
Calorie
Intake:

Recommended
grams of
Protein/Day
(1 gram per
pound of LBM):



3

DIETARY SUPPORT

☐

Weight Loss Bundle

☐

Muscle Gain Bundle

☐

Performance Bundle

☐

Health/Playspan Bundle

Member Name: _____

Trainer: _____ Date: _____

Starting Weight: _____ Body Fat: _____ LBM: _____



2

EXERCISE AND MOVEMENT

Daily
Calorie
Burn:

Coach's
Recommended
Steps
per Day
Goal:



4

COACHING AND ACCOUNTABILITY

S	M	T	W	T	F	S

Personal Training: PT Group Training: GT Classes: C