

Nutrition Success Plan

Step 1: Explain Nutrition Pillar

Understanding Food Intake

- Calories In vs. Calories Out
- Weight Loss: Calorie Deficit & Decreased Nutrients
- Weight Gain: Calorie Surplus
- Protein Needs (1 g/lb of LBM)
- Sustainability of food choices

Understanding Exercise & Movement

- Increase Calorie Deficit
- Increase Lean Body Mass
- Improve Cardiovascular Health
- Increased Nutrient Needs
- Increased Functionality

Understanding Supplementation

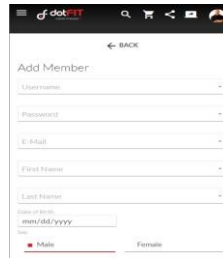
- The dotFIT Difference
- Nutrients without Calories
- Nutrient Delivery & Timing
- Maximize Performance
- Maximize Recovery

Understanding Professional Assistance

- Proper Direction
- Accountability
- Adapt with You
- Total Solution

Step 2: Account Creation

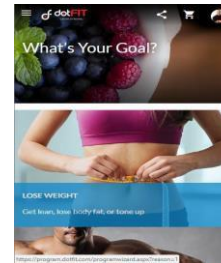
Fill out all required information and click "Save" at bottom. Your New Member will automatically have a "Welcome Email" sent to them.



The screenshot shows the 'Add Member' form in the dotFIT app. It includes fields for Username, Password, E-Mail, First Name, Last Name, Date of Birth, and Gender (Male/Female). A 'Save' button is at the bottom.

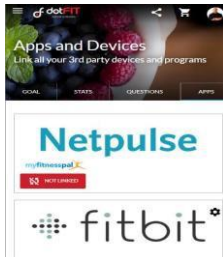
Step 3: Program Creation

Access your client's program through "Manage Client Proxy As" within their account to create their program.



Step 5: Sync w/3rd Party Apps & Devices

If applicable, sync your client's program with any of the 3rd party Apps & Devices.



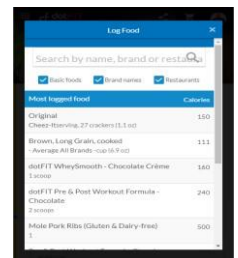
Step 6: Explain Calorie Goal

Explain what the calorie recommendations in the Green and Blue Circles represent and how they affect the goal.



Step 7: Quick Log (for Food)

Review how to use this tool (along with the filters at the top of the screen) to utilize the Calorie-King database for food logging.



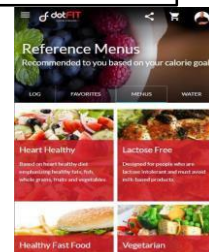
Step 8: Favorite Foods & Meals

Under "Food" and then "Log" review how clicking on the star to the left of the added food will make it a "Favorite" and the star to the left of the meal title will save all foods as a "Favorite Meal."



Step 9: Reference Menus

Review the provided reference menus and how to customize them for your client's needs.



Step 10: Dietary Support

Review your client's dietary support recommendations (Goal Bundle and/or Advanced recommendations) to fill nutritional gaps and assist with reaching their fitness goals.

