

Nutrition Success Plan

Client Name: _____

Trainer Name: _____

☐ Weight Loss

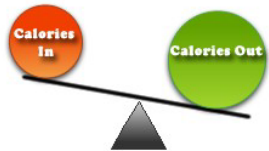
☐ Muscle Gain

☐ Improve Performance

☐ Health/Playspan



Weight Maintained
Isocaloric Balance
Energy In = Energy Out



Weight Loss
Negative Caloric Balance
Energy In < Energy Out



Weight Gain
Positive Caloric Balance
Energy In > Energy Out

Starting Weight: _____

Starting BF%: _____

Goal Weight: _____

Goal BF%: _____

Timeline for Goal: _____

Reason for Goal: _____

1 FOOD INTAKE RECOMMENDATION

Daily Calorie
Budget:

Suggested
grams of
Protein/Day:

2 CALORIE BURN RECOMMENDATION

Daily Calorie
Burn:

Steps per Day
Goal:

3 WORKOUT PLAN ACCOUNTABILITY

M	T	W	TH	F	S	SU

PT = Personal Training

C = Cardio

R = Rest

Nutrition Success Plan

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SUPPLEMENT PLAN RECOMMENDATION

dotFIT
PURE PROMISE™

- ✓ 3rd Party Tested
- ✓ NSF Certified for Sport
- ✓ Practitioner recommended
- ✓ Effective dosages for results
- ✓ Safe to use as recommended
- ✓ Truth in labeling
- ✓ Accurate nutrient delivery



Vegan Friendly



Step 3 : PERFORMANCE+SUPPORT

Workout Extreme Pre-Workout	NO7 RAGE Pre-Workout
Extreme Creatine XXL	Muscle Defender L-Glutamine
Creatine Monohydrate	Lean Pak 90 ThermAccel
Amino Formula Vegan Amino Formula	Carb Repel Weight Loss & Liver Support

Step 2 : PROTEIN/MEAL REPLACEMENT

Lean MR	Whey Smooth Protein Unflavored Whey Smooth	Pre/Post Workout Shake Formula Unflavored Pre/Post Shake
All-Natural Whey Protein	Best Plant Protein	First String Performance & Gainz Shake Formula

Step 1 : NUTRITIONAL INSURANCE & HEALTH

Active MV	Vegan MV	Super Omega-3 Fish Oils	Vitamin D-3	Superior Antioxidant	Digestive Enzymes
Women's MV	Over 50 MV	Super Calcium+	Ultra Probiotic	Joint Flex Plus	Advanced Brain Health

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