



7 MUST-HAVE RESOURCES TO MAKE ONLINE COACHING EASY

Welcome to your online trainers client progress diary. Here you will find all the key trackers and information sheets to help you track and record the most important stats and progress of your online clients.

Use these trackers to record all the key information that you are coaching your online clients on currently. The more you use, chances are the faster your clients will progress.

Each tracker has one template, so you will have to make a copy of each for individual clients. We've also created this to be used digitally, so you can easily ask clients to fill in their information, save it, and submit it to you through your preferred communication channel.

If you would like to access unbranded versions of these templates to brand as your own for clients, then check out our Exceed Masterclass program.



MEAL PLANNER TEMPLATE

| MEAL PLANNER | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--------|---------|-----------|----------|--------|----------|--------|
| Breakfast (Meal 1) | | | | | | | |
| Snack (Meal 2) <i>This is optional if hungry</i> | | | | | | | |
| Lunch (Meal 3) | | | | | | | |
| Snack (Meal 4) | | | | | | | |
| Workout Nutritions (When applicable) | | | | | | | |
| Dinner (Meal 5) +Remaining macros as see fit | | | | | | | |

MACRONUTRIENT TRACKER

| MACROS | DAILY CALORIES | PROTEIN (G) | FATS (G) | CARBS (G) |
|---------------|----------------|-------------|----------|-----------|
| ORIGINAL | | | | |
| ADJUSTMENT 1 | | | | |
| ADJUSTMENT 2 | | | | |
| ADJUSTMENT 3 | | | | |
| ADJUSTMENT 4 | | | | |
| ADJUSTMENT 5 | | | | |
| ADJUSTMENT 6 | | | | |
| ADJUSTMENT 7 | | | | |
| ADJUSTMENT 8 | | | | |
| ADJUSTMENT 9 | | | | |
| ADJUSTMENT 10 | | | | |
| ADJUSTMENT 11 | | | | |

DIET AND LIFESTYLE DIARY

Below is an example daily food & lifestyle diary that you can complete for a recommended time frame. This will help you build a report to identify specific elements that may need to be improved to maximize the results. The more detail you include, the better the report, the better your results.

LIFESTYLE DIARY:

How have you felt overall today?

What time did you go to bed last night?

What time did you wake up this morning?

How was the quality of your sleep?

How did you feel this morning?

Supplements taken?

DAILY FOOD DIARY:

| DAY/DATE: | | |
|-----------|---------------|----------|
| TIME/MEAL | FOOD + AMOUNT | COMMENTS |
| | | |

TRAINING PLANNER

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|--------|---------|-----------|----------|--------|----------|--------|
| Type | | | | | | | |
| Time & Duration | | | | | | | |
| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Type | | | | | | | |
| Time & Duration | | | | | | | |
| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Type | | | | | | | |
| Time & Duration | | | | | | | |
| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Type | | | | | | | |
| Time & Duration | | | | | | | |

PROGRESS RECORDER

| MEASUREMENT | MONTH 1 | | | | MONTH 2 | | | | MONTH 3 | | | | |
|-----------------------------------|--------------|--------|--------|--------|---------|--------|--------|--------|---------|--------|---------|---------|---------|
| | START Week 0 | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5 | WEEK 6 | WEEK 7 | WEEK 8 | WEEK 9 | WEEK 10 | WEEK 11 | WEEK 12 |
| Scale weight | | | | | | | | | | | | | |
| Waist Size- 2" Above Belly Button | | | | | | | | | | | | | |
| Waist Size- At Belly Button | | | | | | | | | | | | | |
| Waist Size- 2" Above Belly Button | | | | | | | | | | | | | |
| Bodyfat Reading (scales/calibres) | | | | | | | | | | | | | |
| Pictures? | Yes | | | | Yes | | | | Yes | | | | Yes |

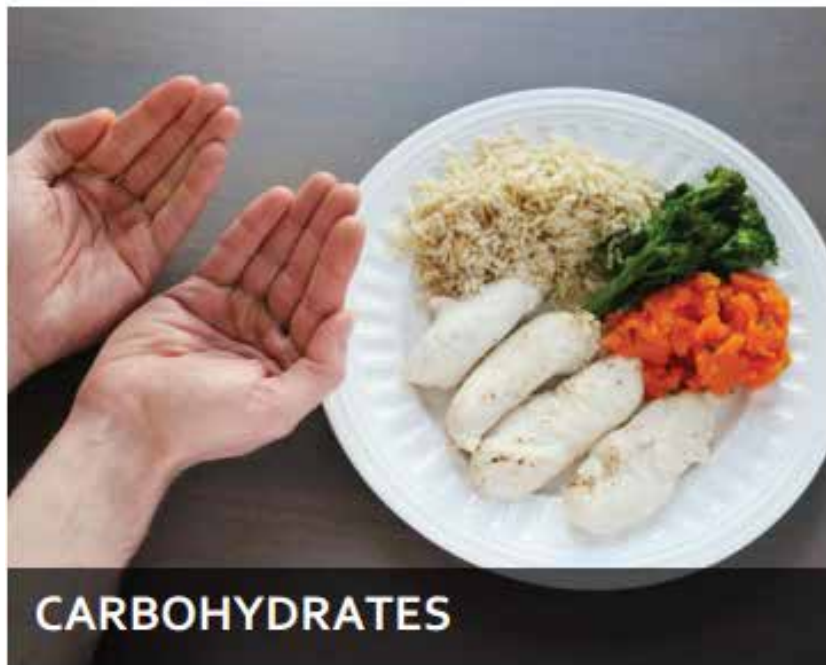
| MEASUREMENT | MONTH 4 | | | | MONTH 5 | | | | MONTH 6 | | | |
|-----------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| | WEEK 13 | WEEK 14 | WEEK 15 | WEEK 16 | WEEK 17 | WEEK 18 | WEEK 19 | WEEK 20 | WEEK 21 | WEEK 22 | WEEK 23 | WEEK 24 |
| Scale weight | | | | | | | | | | | | |
| Waist Size- 2" Above Belly Button | | | | | | | | | | | | |
| Waist Size- At Belly Button | | | | | | | | | | | | |
| Waist Size- 2" Above Belly Button | | | | | | | | | | | | |
| Bodyfat Reading (scales/calibres) | | | | | | | | | | | | |
| Pictures? | | | | Yes | | | | Yes | | | | Yes |

HABIT TRACKER

Use this tracker to add your current habit challenge and to monitor your daily progress over the next 2 weeks. Add a 'Y' to box if you achieved your habit that day, and a 'N' if you did not.

| YOUR HABITS: | DAYS: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|--------------|-------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|
| Habit 1: | | | | | | | | | | | | | | | |
| Habit 2: | | | | | | | | | | | | | | | |
| Habit 3: | | | | | | | | | | | | | | | |
| Habit 4: | | | | | | | | | | | | | | | |
| Habit 5: | | | | | | | | | | | | | | | |
| Habit 6: | | | | | | | | | | | | | | | |
| Habit 7: | | | | | | | | | | | | | | | |
| Habit 8: | | | | | | | | | | | | | | | |
| Habit 9: | | | | | | | | | | | | | | | |
| Habit 10: | | | | | | | | | | | | | | | |
| Habit 11: | | | | | | | | | | | | | | | |
| Habit 12: | | | | | | | | | | | | | | | |

MALE PORTION CONTROL GUIDE



LEAN PROTEIN WITH EVERY MEAL:

Eat 2 palm sized portions of lean protein, both width and thickness, with every meal. Protein dense foods like meat, fish, dairy or beans.

VEGETABLES WITH EVERY MEAL:

Eat 2 closed fists of raw or cooked vegetables with every meal. Vegetables like, broccoli, carrots, spinach, peppers, mushrooms etc.

CARBOHYDRATES BASED ON ACTIVITY:

Eat 2 handfuls worth of carbohydrate dense foods like grains and starches, pre and post exercise. For example, rice, potatoes, pasta quinoa, rice cakes etc.

HEALTHY FATS WITH EVERY MEAL:

Eat 2 thumb sized portion of healthy fats with every meal. Fat dense foods such as nuts, seeds, oils, butter, avocado etc.

FEMALE PORTION CONTROL GUIDE



LEAN PROTEIN WITH EVERY MEAL:

Eat 1 palm sized portion of lean protein, both width and thickness, with every meal. Protein dense foods like meat, fish, dairy or beans.

VEGETABLES WITH EVERY MEAL:

Eat 1 closed fist of raw or cooked vegetables with every meal. Vegetables like, broccoli, carrots, spinach, peppers, mushrooms etc.

CARBOHYDRATES BASED ON ACTIVITY:

Eat 1 handful worth of carbohydrate dense foods like grains and starches, pre and post exercise. For example, rice, potatoes, pasta quinoa, rice cakes etc.

HEALTHY FATS WITH EVERY MEAL:

Eat 1 thumb size portion of healthy fats with every meal. Fat dense foods such as nuts, seeds, oils, butter, avocado etc.

Check this out! Need more help with your online fitness business?

The Exceed Masterclass is your essential resource for the training, advice and support you need to plan, create and grow a profitable, meaningful online fitness business.

Use our unique implementation plans to guide you through everything that you need to do whether you're at the planning, creating, launching or growing stage of your online fitness business. Keep track of your progress and avoid overwhelm by always knowing what you should be focusing on.

It's literally everything you need to know to get from where you are now to where you need to be as an online personal trainer.

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