

Prepare for a coaching conversation

Clarify goals, constraints and the support you want before choosing a service.

01 / Understand the starting point

Write what you want to change and what you have already tried. Include available days, equipment, preferences and the biggest practical barrier.

02 / Make the useful distinction

Ask how the coach individualizes progression, reviews technique and handles missed weeks. Clarify the scope of nutrition support and when a clinician or registered dietitian is needed.

03 / Put it into practice

Check credentials, service availability, total price, cancellation terms and the actual communication schedule. A polished website does not establish professional qualifications.

04 / Review and adapt

Keep a copy of your questions and agreed next actions. The site currently saves enquiries as personal drafts; it does not confirm an appointment or deliver an email to a coach.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Bring a two-week training log, a typical meal day and three questions: what fits my schedule, how will we review progress, and what support is included?

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Question / goal	My current routine	Constraint	Answer / agreed scope	Next action

Evidence and original clinical reading

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.