

# What's your nutritional level?

When it comes to nutrition, exercise, and healthy choices:

1. What do you know?
2. What can you do?
3. What can (or will) you do... *consistently*?
4. Where do you want to go?
5. What's realistic for you right now?

Take a moment and think about these questions.

There are no wrong or right answers.

But getting a clear idea of your responses is important, because it will give you an idea of your **nutritional level**.

And once you have a sense of your nutritional level, you can focus on what matters most to YOU.

# Why is this important?

Knowing your nutritional level will help you:

- determine **what you should be doing and why**
- understand **what's important to you** and what isn't
- **set realistic expectations and match behaviors** to them

The best part is: **It *never* has to be complicated.**

In fact, most of the time, basics are best.

Unlike in video games, you never have to advance to a higher level.

(Personally, we think that's a bit of a relief. You can get great results... while keeping things simple, relaxed, and easy.)

## Level 1

At Level 1, you're a regular person who's just trying to improve things. You likely want to lose some weight and get in better shape.

This is probably where you're at (and where 99% of clients are, too).

Level 1s can make amazing changes by consistently doing very simple, easy, do-able nutrition habits.

(In fact, *Level 1s should not do complex nutritional plans*. If they try to over-complicate things, Level 1s will feel confused, stressed out, and eventually "fail".)

We all start at Level 1 and most of us — stay there for good.

Most of the time, Level 1 habits are all we need.

We do enough of the right things to get dramatic results. And we leave the complicated and time-consuming stuff to pro athletes.

**Level 1s should get good at doing the basics *regularly and consistently*.**

**Focus on the big picture and essential behaviors, rather than small details.**

You'll get a dramatic transformation and lasting change without completely overhauling your life. That's what Coaching is all about.

## Level 2

At Level 2:

- You're a dedicated recreational exerciser or high-performance athlete.
- Your diet and exercise habits are *consistently* solid, and your body and lifestyle choices show it.
- You're in great shape, feel good, and perform well. You walk the walk.

To be honest: That's probably not you. (Yet.)

But *even if it is*, you can *still* keep things relatively simple.

At Level 2, you'll focus on:

- getting really, really good at the basics; and
- expanding your range of choices and skills (like food prep).

## Level 3

Level 3s are professional performance or physique athletes.

These nutrition and exercise ninjas make their living from exercising and eating a certain way.

They need detailed custom programs and diets because their job depends on it.

**Level 3 programs are necessarily *short-term*** (for instance, cutting weight for a professional boxing match).

**Even pro athletes don't and can't eat at Level 3 for more than a few weeks.**



Coach Krista Schaus used Level 3 strategies as part of elite powerlifting competition.



Coach Kate Solovieva has to plan for weeks in advance to use Level 3 strategies for multi-day elite racing. Here, she packs her gear before the starting line.

## Figure out your level

Maybe you can already guess where you fit.

(Hint: Level 1 is a strong possibility, even if you're an experienced exerciser or nutrition researcher like us.)

But if you're not sure, ask yourself a few questions. And answer them honestly.

**Ask yourself 4 questions about your nutrition.**

1. What do I know?
2. What do I do?
3. How well do I do this *consistently*?
4. What evidence does my body show me about my choices? Am I lean, strong, healthy and mobile? Do I feel good and full of energy?

**Ask yourself 4 questions about your exercise.**

1. What do I know?
2. What do I do?
3. How well do I do this *consistently*?
4. What evidence does my body show me about my choices? Am I powerful, mobile, and uninjured? Performing well athletically?

**Ask yourself about your goals.**



1. Where do I want to go?

## Work with your nutritional level

There's no right or wrong level to be at.

What's most important is that:

- You know where you fit best.
- You work *with* your own abilities.
- You keep it as simple as possible.
- You focus on being as *consistent* as possible.

With new habits and tasks, we'll give you a couple of options to try.

### **Level 1: Simple, basic, and do-able.**

A Level 1 option is a fundamental skill. A basic, yet essential action. Start here.

## **Level 2: A little more challenge.**

A Level 2 option is something you can try on a day you're feeling confident, or if you're a more intermediate "nutritional level" and looking for something tougher. A Level 2 option is a game to play, a risk to take, or a fun challenge.

## **Keep it simple**

**Work with the level you're at. Take it one day at a time.**

No need to rush.

Before you run a marathon, you have to learn to crawl.

And even if you're an experienced runner, *you still have to practice the basics.*

"One foot in front of the other" applies to everyone. Build a strong foundation, step by step.

Let yourself be a beginner. For now.

## What's up next

Tomorrow, we're going to play your first Coaching game: Let's Make A Deal!

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## What to do today

- 1. Think about your nutrition and exercise habits.**
  - What do you know?
  - What do you do?
  - How well do you do this *consistently*?
  - What *really* matters to you right now?
  - What's realistic for you right now?
- 2. Keep things simple. Focus on the fundamentals.**
3. Even as "experts" and athletes, most of the team is at Level 1, because it's simple, do-able, and realistic for busy lives.
4. Most of the time, *Level 1 is all you need*. Seriously.

5. Focus on doing the few essentials that truly matter, over and over and over again.
6. We'll give you plenty of practice.
7. **Take a "5-minute action" today.**
8. Whatever you choose, just do *something* that gets you on track.
9. **Level with yourself.**
10. Below, write down what your nutritional level is — and why.

Until tomorrow,

Your Coaching Team

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## Write your Owner's Manual

*This space is for you to reflect. Your answers will be captured in Your Owner's Manual. Coaches often read your answers but don't always respond. Be sure to reach out to your coach if you want specific feedback.*

**What do you think your nutritional level is?**

1

2

3

**Why do you think you're at that level?**

**SAVE CHANGES**