

NUTRITION COACHING TASKS

Examples of Level 1 Coaching Tasks

Food Choices and Eating Habits

- Replacing two processed snacks with two whole foods.
- Substituting one soda per day with one glass of water.
- Adding healthy fats to meals for greater satisfaction.
- Banning devices during meal time.
- Planning a program of eating on a regular schedule.
- Keeping a food journal to better recognize fullness.
- Pausing after each meal for at least ten minutes to assess fullness and avoid over-eating.
- Keeping a feelings/eating journal to determine emotional cues that drive food choices.

Examples of Level 1 Coaching Tasks

Life Skills

- Assigning short cooking lessons and developing meals that are quick and easy to prepare.
- Building a weekly grocery shopping list and reading food labels together.
- Practicing saying no to family and friends and role-playing conversations.
- Making a daily eating schedule.

Examples of Level 2 Coaching Tasks

- Refining meal preparations and adding new recipes and kitchen skills to their repertoire.
- Making even smarter grocery shopping choices, such as organic foods or locally-sourced produce.
- Bringing in family and close friends to encourage support of serious goals, like eliminating all junk food from the home.
- Reviewing and adjusting goals daily.