



Why twelve statements

A new nutrition client does not need a forty-question intake form on day one. They need one thing to change in the next two weeks. Starting from habits also keeps the first conversation about what they do, not about what they weigh. That is our judgement from coaching, not a study result.

The quiz looks at four areas, three statements each:

- **Protein.** Do they eat it at most meals?
- **Meal rhythm.** Do they eat at similar times, without long gaps?
- **Planning.** Do they know what they will eat and have the food?
- **Fuel.** Do they eat and drink around training?

The area with the biggest gap is the first focus. Everything else waits.

Apply it.

1. Decide where in your intake the quiz sits: before the first call, or on it.
2. Tell the client it takes ten minutes and that there are no wrong answers.
3. Keep every sheet. The same twelve statements are the two-week check in Part 6.

Workbook. Exercise 1, the gate and the goal.

NEXT IN THIS PACK

Part 2. Before you start: scope and the stop gate

General information for coaches and their clients. It is not medical advice and does not replace a doctor or a registered dietitian. Work within your scope of practice and refer when in doubt.