



## Overtime Athletes Nutrition Coaching

Welcome to OTA Nutrition. Below we want to provide you with the proper information to get started right away. Please read the steps below carefully so once you start working with your nutritionist.

### Step 1: Download

To get things started we need to ensure we are properly tracking your food intake and macronutrient ratio. To do this we'll need download a Macro Tracking App on your phone or desktop.

With all of my athletes here I suggest using "MyFitnessPal" as I find that the most efficient.

Once downloaded it will have you fill out a series of numbers in which they will suggest a breakdown of macros and calories you should be eating. **IGNORE THOSE NUMBERS THEY GIVE TO YOU.** Jake will be working with you to instruct you based on your goals.

### Step 2: Tracking 1st 14

To start we must establish a baseline of where you are currently at. Initially we want to gather as much data as possible.

To do this you will begin by tracking everything you put in your body for the next 2 weeks. Everyday for 14 days you will input all the food you ate as well as weigh yourself in the morning. Make sure you TRY to weigh in at the same time each day. That means if you weigh in naked at 6 am 4 times a week, do not weigh in at 7pm after dinner the next day.

The most important thing for tracking for the first 2 weeks is to not change your diet because we are having you track. This will give us a baseline to work from. Once you have tracked for 14 days you will input those numbers as well as your weight into the excel sheet that Jake uploaded for you (we suggest to do this day by day at the end of the night when you are done eating).

We will review these numbers together and come up with a new Calorie/Fat/Protein/Carbohydrate breakdown for you to follow over the next 2 weeks. The reason we do this



long process is that so we can adequately adjust your calories to avoid things such as muscle loss during a cut or avoid fat gain during a bulk.

## Step 3: How to Track

When you download the app and start tracking foods there will be 2 ways to do it.

You can either scan the barcode and enter the servings or you can enter the food in manually. Either is fine.

Make sure you enter the correct serving size (you may need to use a food scale if you don't have one) for things such as meat. "What about for when you go out to eat?" "I ordered 2 slices of pizza how much is that?" For this you are going to have to do your best and find something through the app or online that is the closest to what you think you are eating. It is better to try your best and get close to the exact thing as opposed to just chalking that day up to a loss.

## Step 4: Pictures

The first day you begin to track your calories is the day you should upload 3 pictures to your excel sheet. These should be front, back, and side view pictures. Often times the scale doesn't reflect the work we are putting in and pictures can be used as a great measurement to affirm the work we are putting in.

## Step 5: Physical and Mental

You will also be given various things to rate at the end of the 2 week (and every 2 weeks) such as strength, energy, mood.

You will rate these from 1-5, one bad rating doesn't mean its time to turn everything upside down, but if we consistently see energy being rated a 1 or 2 week after week, we know a diet change has to be made.

On the other hand if we see strength is a 4 or 5 every week we probably know we are on the money with the macronutrient breakdown we are giving you.

## Additional Info

There will also be a section where you can put down your goals for the first 2 weeks and any additional miscellaneous info.

# OTA

This is where you can put down things like “worked an extra 10 hours this week” “Stayed out late on Saturday” “Had a stressful week at home” “Finally feel energized in the morning”.

The more information the better and the more information we have the more we can adjust.