

@thisfitmum

CONTENTS

1. WHAT DO YOU NEED?
2. SUPPLEMENTS
3. EQUIPMENT
4. THE SUPPORT GROUP
5. WEEKLY CHECK IN
6. WHAT HAPPENS NOW
7. MEMBERS AREA



DIET COACHING

Disclaimer - Thisfitmum strongly recommends that you consult with your doctor before beginning any exercise program. In order to complete this programme you should be physically fit & within a healthy BMI range. @thisfitmum is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise or diet on a medical condition. You should understand that when participating in any exercise or diet program, there is the possibility of physical injury or illness. If you engage in this exercise and/or diet program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury and illness to yourself, and agree to release and discharge @thisfitmum from any and all claims or causes of action, known or unknown, arising out of @thisfitmum negligence

Welcome to the Fit Mum Coaching Programme

1. What do you need?

Measuring Tape - Because we use a range of tools to measure progress



Kitchen Weighing Scales - So you know the true value of what you are eating - no more guesstimating

Step Tracker - The pocket PT app syncs with Fitbit, Apple or Garmin watches

Bathroom Weighing Scales - We don't rely on scales but scales can be used as a tool to measure progress with the understanding of how

Protein Powder - because you will have protein goals and protein powder is the cheapest and easiest way to help up your protein intake. I have partnered with Protein Works to get you some discount on your protein shakes, supplements and snacks - **use code thisfitmum for discount**



Click [HERE](#) to Shop



We will also be using myfitnesspal free app to track nutrition.

2. Supplements

Dependant on your diet and nutrient intake you may want to include vitamins and additional supplements into your diet. Some supplements I would suggest you considering include:

Daily

- A good quality multi vitamin - [Essential Multivitamin](#)
- Omega 3 - [Omega 3](#)
- Probiotic - [Gut Love](#)

Night Time

- Magnesium - [Sleep Deep](#)

Protein Powder - to help you to reach your protein goals.

Did you know that 75% of adults are lactose intolerant. If you find normal why gives you a bloated tummy or increased/smelly gas try switching to a Vegan alternative. My favourite is [Protein Works Wondershake](#)

Glutamine - Adding glutamine to your diet can help you stay on track with your diet plan and help reduce cravings for high-glycemic carbohydrates and support your gut microbiome. [Protein Works Glutamine](#)

Preworkout - to energise and fuel your workouts - [RAZE Extreme](#)

BCAA - intra workout to support your workouts - [BCAA Extreme](#)

I have included links to the products I use above - you can receive discount from protein works by using the code **[THISFITMUM](#)**, this works on top of site offers and promotions.

3. Equipment

The equipment you will need will vary dependant on your plan. Please check on your plan for more information. You can find bands, lifting straps and merch in the only shop on www.thisfitmum.com



[Click HERE to Shop](#)



4. The Support Group

You're 95% more likely to succeed when you have support, which is why we offer an optional group. It's completely up to you, join in whenever you feel like it, or go solo if that's more your style. The group is always there, and you can dip in and out as needed. Just let me know what works best for you!

Remember, we're all on different paths, whether you're toning up, losing weight, or gaining muscle, every win matters. We're here to celebrate each other's progress, no matter the size.

In the group, we'll share meals, questions, successes, form videos, and daily stats to keep us accountable. I'll check in each evening to track your calories, macros, activity, and habits. This helps both you and me stay on course and work towards your goals.

Posting food pics can help you stay mindful of what you're eating and inspire others too, just like sweaty selfies or pictures of scenery from your latest walk, I encourage you to share as much as you can.

Even if you're not in the group, I encourage you to reach out to me directly! Share updates, ask questions, and send form videos so I can support you fully.

Find what feels right for you, I'm here to support in whatever way works best!



5. Weekly Check - In

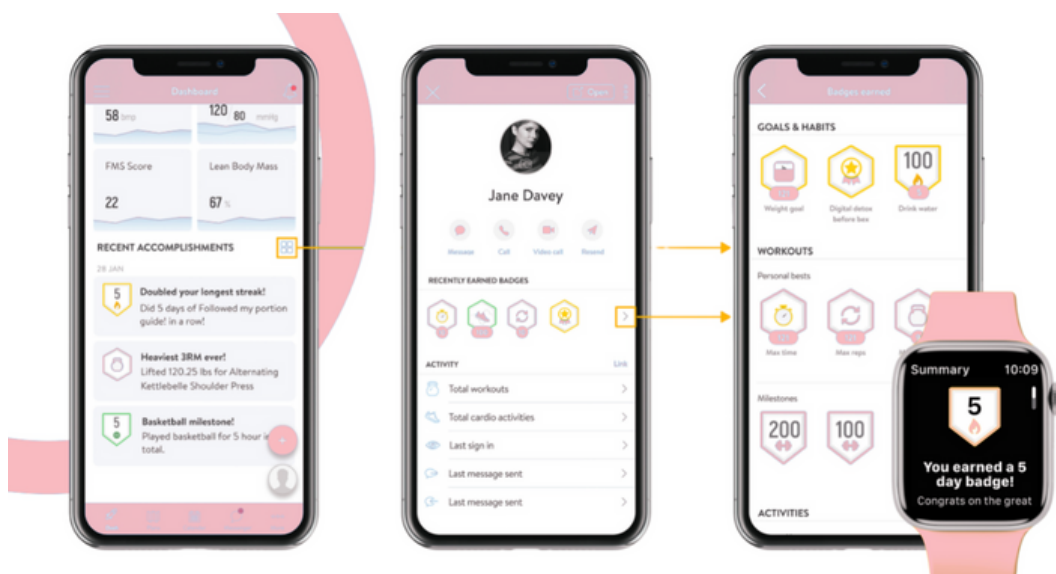
Check in day is Sunday via the Pocket PT app, for the best support please upload weight, measurements and pictures.

Please check in first thing in the morning before eating or drinking and after going to the loo. Also remember to weigh with no clothes on so we can ensure accurate readings.

Please note: There are many reasons why your weight may fluctuate not just due to gaining or losing fat. Your weight is a tool for me to assist you with your plan and we will also utilise measurements and photos too to monitor your progress. If you have any concerns please speak to me.

6. What happens now?

- If you haven't already been added to the Pocket PT app you will be soon and your plan will be uploaded before your start date.
- We start simple, just working towards your daily goals and overtime you will learn more and more about diet, nutrition and exercise as well as developing a healthier more positive mindset.
- Each day on the Pocket PT you will have a list of goals to work towards including macros, fitness and lifestyle. This is an education and habit implementation plan and to start it may not look perfect. This is a marathon not a race. Take your time, keep communicating with me and I will guide you to the water... you just have to drink.
- Remember this is a lifestyle and not a FAD. We aren't looking for quick fixes because that's when people yo-yo.



7. The Members Area

Once you have access, take a look around.

You will find the home workout archive and recipe library, support docs, frequently asked questions. and e-books.

But most importantly... you have the **coaching manual**.

This is going to be your guide to your new lifestyle.

Where it explains not only what we are doing, but why.

Within the manual you will find information on how we calculate your energy expenditure, hormones, fat loss, muscle growth, menstrual cycles and more. There are also links for Youtube videos to help explain some of the topics. Spend some time on this, and come back and review it throughout your programme. I am not expecting you to learn everything over night.

Have Questions? GREAT! This is an educational programme, that is the point. I am available to you each evening with daily accountability in group or you can direct message me on the app. It is also a great opportunity for you to send me workout clips for support with form.



Coaching Manual

