



# Start of *Your Growth*

## Your Journey, *Your Growth*

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### Summary

**Growth Tip:** Be as open, honest, and specific when answering these questions to improve your chances of achieving *your growth* goals.

### Nutrition

- How many meals and snacks do you typically eat per day?
- Are there any dietary habits you're trying to improve? (e.g., hydration, sugar intake)
- Do you have any chronic diseases you must consider before making choices?
- Have you been eating well, but still can't lose the weight?
- Are you having trouble gaining or maintaining weight?
- Have you ever counted calories or measured macronutrients before?
- What nutrition goals are you focusing on? (e.g., weight loss, muscle gain, balanced eating)
- What is the first and last meal of the day normally consisting of?
- How much water and electrolytes do you consume daily?
- Do you feel overwhelmed and lost with nutrition and don't know who to listen to?

### Reflect on Your “typical day.”

#### **Before you begin:**

Take a moment to reflect on your current activity level, motivation patterns, and any obstacles that tend to get in your way. This will help you better understand the choices you're making throughout your day.



