



eNutriCoaching Weekly Feedback:

Nutrition:

What goals/behaviors did you work on this week?

Do you feel like you succeeded in achieving the goals for this week or do you need more time to form this habit? Explain.

What restaurants did you eat at this week? Did you know what to order to fit within your calorie range?

What questions arose regarding nutrition?

Did you enter your intake into a program? If so, attach.

Exercise:

How many cardio workouts did you do this week? What days? How long?

How many resistance training workouts did you do this week? What days and muscle groups?

Other:

What is your weight this week?

How do you feel overall about how the week went?