

Kelli Michelle Fitness
Fitness Nutrition and Macronutrient tracking

FAQ



PLEASE READ ALL INFO BELOW

1. YOU WILL NEED 7 FULL DAYS OF TRACKING DATA IN MY “2016 SHEET” EMAILED TO myfitgirl@gmail.com before I can program for you.
2. If you are purchasing a consultation, you will need to email Kelli at the email address above. You will need to schedule a phone or Skype consultation after I receive your data to discuss your current lifestyle and eating patterns.
3. If you have FOOD restrictions and are seeing a doctor please specify in your Q/A in detail and attach diagnosis so that I can make sure that we can service you.

When you send your data and have paid in full for your plan I will have your plan to you within 72 hours!

If you have a medical condition please BE honest in your Q/A and give proper detail. I have referral coaches with an R.D. and would like you to be with the most educated and experienced person.

PLEASE READ: <http://musclefood.ca/blogs/nutrition/the-ultimate-guide-to-reverse-dieting> THIS IS IMPORTANT IF YOU ARE CURRENTLY UNDER FED.

CONSULTATIONS: You can purchase as many online or in person consultations as you wish. The pricing is below. With work flow and scheduling we will not be able to do free consultations.

Consultation- If paying for a consultation in either your package or outside of the package please see below.

ONLINE 60 Minute \$80

• Phone: please call at pre-determined time. [\(480\) 249-1027](tel:(480)249-1027) \$80 1 hour

IF OUT OF STATE: Please send photos (front/back) in sport top and shorts if possible with your questionnaire. Please update every 3-4 WEEKS.

Please let me know if you will be **Skype, ZOOM or Face time** I will need to make sure to have a secure connection. You will need to add me at least 15 min before the call.

KELLI MICHELLE FITNESS (NAME) YOU WILL NEED TO ADD ME AND I WILL ACCEPT AND CALL YOU AT OUR DESIGNATED AND SCHEDULED TIME.

- ZOOM is also available for teleconference or COACHING!

What you will need:

1. Digital home scale for body weight with decimal point system.
2. FOOD scale for food prep – www.amazon.com Escali or WALMART and target carry nice ones! Get a mid of the road brand and priced scale.
3. SIGN IN TO SITE: GO TO MEMBER access to the BLOG/ FORUM on my site www.kellimichelle.com for recipes and AWESOME articles. YOU will have free access with PAID monthly fee and Packages.
4. You will need 2 weeks of TIME in the eve's to plan your day. Pre log food and EMAIL your coach if you need help making revisions on your planning for the following day.
5. If you do not have measuring spoons and cups those are nice to have in a pinch. You will WEIGHT all food in the beginning.

Helpful Books: FOR Eating out and TRAVEL

The Complete Book of Food Counts by Corrine Netzer – GREAT FOR EATING OUT

For recipe measurements and recipe tracking accuracy:

<http://www.thekitchn.com/how-do-i-calculate-the-nutritional-content-of-homecooked-food-good-questions-195827>

www.usda.gov (NUTRITION SEARCH) / TELL ME APP FOR FAST FOOD can be loaded to your phone.

Pricing:

Pricing is listed at www.kellimichelle.com (initial fees due before or at consultation)

Payment Methods:

- Cash/Check is preferred if meeting in person or you can purchase any monthly tracking and pay for consultation via PayPal at www.kellimichelle.com ALL PACKAGES ARE ONLINE. If you received a discount for any promotions let us know and we will BILL you using PAYPAL.

- Checks can be made payable to Kelli Gubrud (mail) 2402 E 5th STREET BOX 1459 TEMPE AZ 85281

\$199 MACRO DESIGNATION PLAN will be going to \$250 starting OCT

IF COMPETITOR: YOU WILL NEED TO PAY FOR THE MACRO DESIGNATION PLAN AND MONTHLY TRACKING FEE BUT WILL GET ADDITIONAL COACHING.

- **\$75 a month for single person monitoring / Will be going to \$100 OCT 2016**
- **\$130 for couples who track together / Will be going to \$150 in OCT 2016**

I do not give a discount for couple STARTER packages as they take me 2-3 hours to complete.

ALL PRICING IS AS STATED ON www.kellimichelle.com THE MACRO DESIGNATION PACKAGE IS FULL COACHING. YOU GET 1 month free log review and FOOD LISTS WITH A PROGRAM AND ideas to PLAN meals that you will enjoy!

Macro designation only.

\$199 no consult included. 1 month log review included. WILL GO TO \$250 in OCT

AGAIN: You will have full coaching, basic formatting and weekly check in with your coach. You will receive FOOD LISTS to assist with shopping and helpful filler items to get you close on MACROS. You get free access to BLOG/ FORUM area on www.kellimichelle.com

You will be able to email anytime for help with filling macros: EXAMPLE in the midday or evening (**HELP ME FILL MACROS**) – I have 34 Protein or P/ 23 CARBS or C and 3 Fats or F please help me.

* *Basic monthly Tracking* --\$75 **WILL BE \$100 a month in OCT 2016**

* *Couples Tracking* --\$130 **WILL BE \$150 IN OCT 2016**

Directions for Weekly tracking/Logging/Monitoring:

You will need to download the MyFitnessPal to your phone or computer then add me as a friend – KelliMichelle777 (enter where it asks for email). VERY IMPORTANT – you will need to update change your settings so that your diary is viewable by friends so that I can see it. MY EMAIL TO ADD ME TO FITNESS PAL SO THAT I CAN CROSS REFERENCE IF NEEDED: myhomegirl@gmail.com or kellimichelle777

PLEASE USE FIRST AND LAST NAME OR AT LEAST LAST NAME IN MYFITNESSPAL ID.

Your responsibility weekly:

1. Log your food/macros into MyFitnessPal **DAILY!!!!** Add all supplements. Please try to log by hand...you can look up others foods, however it might not be correct!

Both Google and YouTube have tutorials on setting up my fitness pal application. EMAIL MACRO SHEET TO KELLI OR YOUR COACH EVERY WEEK, NO EXCEPTIONS unless you let us know you are out of town or vacationing. If we do not hear from you, we will assume you are quitting. We do not refund unused log time but you can stop tracking anytime and just let us know and we will credit GLADLY the unused time to future Tracking!

2. Email weekly macros spreadsheet to myfitgirl@gmail.com

GO TO DIARY: SCROLL DOWN TO NUTRITION / CLICK ON NUTRIENTS TAB and you will see your goals.

*TO UPGRADE GO TO MORE on your HOME SCREEN OR TOP RIGHT and there is a tab CALLED GO PREMIUM.

This will allow you to change goals. GO TO SETTINGS MAKE SURE TO TURN EXERCISE CALS OFF. THAT is in GOALS BOTTOM EXERCISE CALS – SWITCH IT OFF. THIS WILL MAKE IT SO YOUR MACROS will NOT CHANGE WITH LOGGED EXERCISE. MFP will do that if you do not change this!

EVERY 5-7 DAYS no exceptions unless you email. Please GET into habit of sending this data. IN 2016 SHEET NO EXCEPTIONS. I WILL NOT LOOK THROUGH YOUR MYFIT PAL LOGS. NUTRITION SECTION SHOWS ALL NUTRIENTS.

PLEASE LET ME KNOW IF YOU HAVE MACROS TO FILL.

Tracking on your MYFITPAL application:

1. LOG ANYTHING WITH CALORIC VALUE, veggies, salsa, sauce...ANYTHING!
2. Please only text message if it is an emergency and do text me if you have an emergency or urgency.

Things to remember about EMERGENCY SITUATIONS: 1. PLEASE NOTE it is not an emergency to tell me that you are up 1 pound or down 1 pound.

It is a Non Emergency message to text me and ask if you can add cucumber to your water.

These should all be examples of something that you address in email.

3. If you come to me eating well under the required maintenance calories for your body, you will be doing a "reverse diet" for about 12 to 32 weeks depending on your goal. We do need to get your metabolism healthy and the best way to do that is to slowly reverse diet so that you have enough calories to be healthy while performing and achieving weight loss goals. YOU WILL BE DOING A REVERSE DIET (ADDING FOOD) AND WITH Accuracy CAN STAY LEAN WHILE DOING THIS!

4. Please expect to see normal fluctuation in weight of 1-2 lbs. Do not be critical of the scale. Take pictures-they are the best way for you to gauge your progress. You should probably take progress pictures about every 2 to 3 weeks. If you see a high/low reading for 1 day DO NOT FRET, that is common and unless it stays 3 or more days is NOT ACTUAL OR FACTUAL. You do not need to FRET! If you have questions addressing REVERSE DIETING I HAVE A FORM TO READ and can send that to you.

5. My goal is for you to eventually be able to do this yourself to use the rest of your life.

The ratios for macronutrients are:

Fats (F)- **9 calories/gram**

Carbs (C) - 4 calories/gram

Proteins (P) - 4 calories/gram

$(\text{Fat g} \times 9) + (\text{Carb g} \times 4) + (\text{Protein g} \times 4) = \text{F cal} + \text{C cal} + \text{P cal} = \text{Daily calories}$

Example: 30 F (30x9)+(200x4)+(120x4)200 C 270+800+480120 P 1,550 Calories that day

6. Begin looking at Nutrition labels to get the macronutrient content. YOU CAN USE USDA website as well. It has a nutrient section for all foods.

MyFitnessPal will calculate your macronutrients under the **nutrition** tab. **Very Important, please list your Total Fat g, Carb g, and Protein g in the notes section like this: F =P =C =To help even more, also list: Fiber g =Water (approx) =Sodium (mg) =** especially if you are an athlete.

7. The NUTRIENT SECTION numbers (from Myfitnesspal) go in your spreadsheet, so **SAVE YOUR NUMBERS!** Add daily weight to **spreadsheet as well.**

IMPORTANT!!!! TO NAIL YOUR NUMBERS THE FIRST WEEK PLEASE ASK FOR HELP. THIS IS WHAT YOU PAY FOR! FATS ARE #1

IF YOU DO NOT KNOW HOW TO FILL REMAINING MACROS PLEASE EMAIL ME AS SHOWN BELOW: PLEASE PUT "**FILL MY MACROS**" in subject line of email!!

I DO NOT KNOW HOW TO FILL MACROS TONIGHT- I have this left: 13 p/ 38 c/ 2 f

Or your macros hit as below:

113P/ 130P

34 F/ 42F

15C/ 210 C

ALCOHOL – PLEASE READ AND ADHERE:

TRACK ALCOHOL BY ADDING number of actually drinks into ALCOHOL COLUMN.

Alcohol is 7 CAL P GRAM but can be figured into carb count by taking Cals per drink.

Example: 64 Cal in 1 drink divide by 4 and you have carb count at 16 CARBS.

Pretty easy to figure but you may need GOOGLE to estimate your drinking nights.

Again ALCOHOL is not a MACRO- It is counted only in carb category because it does stimulate an insulin response. You will need to track it, the drink is not free!!

It is a toxin, hence intoxication! Ha ha!! You will see that 1-3 days after drinking you might perform badly, or different, be dehydrated slightly or feel sluggish or craving salty sweets. It all depends on the person. Limit drinking to MODERATE and there will be no problem!!

Food Specific Questions

Before you ask food specific questions, please consult the Food List.

Can I have more green vegetables? Yes, over carbs by 10-15 g because of green veggies?

Its ok - just come back to base next day. DO NOT CHANGE YOUR NUMBERS

Do I log green vegetables?

YES!! You log anything with caloric value

Do I log supplements?? YES all of them please.

Are flavored waters, crystal light, and diet soda ok?

Yes, in moderation they are fine.

Is a cup of coffee fine? – YES! Is a pot fine? NO

I'm addicted to Starbucks...Help!!

Just budget for added cream, sugar, etc. in Starbucks coffee...but beware, it adds up!

I can't seem to figure out how to work in my snacks!! Help!?!?

Not to worry. It takes time to understand how to manipulate meals to enjoy little snacks. It will come with practice.

Email me if you do not know how to fill macros in snack portion.

I am having trouble sleeping at night...Help!

Yogi Brand teas, Kava tea.. etc are great with Chamomile (For other sleep aids, consult your doctor to make sure that's ok for you to take!) Notify me with any health conditions you may have.

I blew my logs the last 2 days...should I still send you my spreadsheet?

YES! AND PLEASE LOG EVEN A BLOW OUT or estimate it.

I blew my numbers this week...should I just start over at my first set of macros assigned?

NO! Weigh yourself and send me an email to discuss your next steps!

Send me what you have logged even the damages. I can't help you well without information.

Miscellaneous

Every person is entirely different with tracking macros. Some people take longer to get to their goals while others will move quickly.

If you are accurate in tracking and weighing food you will be 1 step ahead of the game. When your data is not consistent in the beginning you will not see good results. You need to try really hard to make sure that your tracking with accuracy. Not one person will ever reverse diet like another person although there are similar statistics. Every

single person is completely different in the reverse diet process as well as a cut. You are all a different equation with changing and stable variables.

I have you weigh and use the scale to learn your personal trending as well as to see how you respond to macro adjustments. Please note that if you do not sleep well at night you may be higher or lower on the scale depending on your sleep structure. Sleep is very important for fat loss it is also very important for hormone production so please work on your rest. **Water/SALT/TRAINING AND DURATION as well as Training days in a row impact! Please take rest days or you will NOT see actual weight and your coach will be forced to guess on adjustments which is NOT accurate.**

Females: If you are on your cycle, you will likely hold some water, the uterus is double or triple size during that time of the month. Sorry =(Truth be told, it is traumatic to your body.

If you train 5 to 6 days a week you will hold some water. If you're doing high-intensity interval cardio 5 to 6 days a week you will probably hold some intracellular water. Please note that if you are on creatine monohydrate you might hold some additional water. That is not a problem, as I will learn your body is trending.

Tracking Food Accurately: Free Site

<http://www.foodpharmacy.com/PDF/Macronutrient%20Tables.pdf>

Again: The Handy USDA website: www.usda.gov

PLEASE Do not be a scale maniac, you do not lose or gain 1-3 lbs in a day unless you are not tracking macros carefully. In such a case if you are not weighing and measuring you could be off slightly and that will impact accuracy. If you do not weigh food or measure you will have errors and you will not be as successful your first few months. Please use a scale and prep your food. IF YOU EAT OUT EVEN IF DATA IS ONLINE again, it is STILL HAPHAZARD and needs to be tracked as HAP.

IMPORTANT:

(HAP) TRACKING ON YOUR 2016 SPREADSHEET is ANY DAY YOU GUESS-TIMATE OR DO NOT USE YOUR SCALE FOR 1 or more meals. IT IS ALSO EATING OUT!!!

YOU WILL CHECK THE BOX HAP.

ALC ON THE 2016 SPREADSHEET IS ALCOHOL CONSUMPTION IN # of drinks. YOU WILL FILL THAT IN AND ACCOUNT FOR CARBS IN THE CARB CATEGORY! TRAINING DURATION: MEANS (MINS) YOU ARE TRAINING IN THE GYM PLEASE BE ACURATE. I DO NOT NEED YOUR CALS BURNED. THAT IS NOT MEASURABLE INFO THAT HAS ACCURACY. THANK YOU!

If eating out, plan ahead and if possible pre- log use USDA WEBSITE, YOUR FITNESS PAL DATA or Corrine Netzer's book or find a dish comparable with the dish you are eating. Please note, this is not accurate it is guessing. No scale, out to eat you do not know how they prep the food and they do not measure it so please do not freak out if you're over in weight 48-72 hours later. You will come down again but you'll need to be on point for 3-4 more days to see that weight back in reasonable frame. Do not blow fats out every 5-7 days or you will be starting at ground zero again. VERY IMPORTANT!! Drink plenty of water and get adequate rest (7-9 hours)!!!!

Please do not be over on your fat grams especially when you first start the plan. You can vary 2 to 3 g on fat but I would prefer that you do not go over by more than 1 g. You should be able to tighten your fats up within a gram as you get better at logging. It helps me be more accurate if you can be very sharp on your second energy sources, fats. Rest...Rest...Rest...REST!!! Do not work out 7 days a week!

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