

# Transformation Coaching



**Guide Book**

**JOHN BARBAN**

# Transformation Coaching Program

## Guide

With: John Barban

This document is your reference for key information about how we will communicate during the coaching program, as well as the specifics of how we will set out your goals and track your progress and what will be covered.

### The Basics of the Program

#### Communication:

1. Email: The primary form of communication will be email. Please direct all email communications to [johnbarban@gmail.com](mailto:johnbarban@gmail.com) You can email questions throughout the week as they arise. We will designate one day per week when you get your weekly emails answered and if need be a coaching/skype call can be booked. It is your job to request a coaching call if you want one. We will not have weekly coaching calls if you do not request them.
2. Skype: My coaching skype account is - johnbarbancoach
3. Phone: If you do not have skype or the capability to download and install it I can call you on your phone of choice. This will be determined on an individual basis.

#### Tracking Progress:

Progress will be tracked on a bi-weekly fashion (twice per month) including some or all of the following metrics:

1. Pictures – I will instruct you on how to take your pictures.
2. Body proportion measurements – I will help you with these as well.
3. Strength and exercise performance
4. Bodyfat
5. BMI
6. Overall feel and quality of recovery, rest, sleep, and stress management
7. Injury status and ability to heal
8. Any other health parameters we choose to monitor

You can choose to be as thorough as you wish with tracking progress. At minimum I will require metrics 1-5 to be tracked on a consistent basis.

### **Workouts:**

Workouts will be provided directly from me during your coaching program. We will assess your progress and make modifications as necessary.

Cardio will be added as needed and based on your personal preference, this includes the option of not adding any cardio at all.

Other activities such as yoga, running, spinning, or recreational sports can also be incorporated into your overall activity. However, you must let me know if you are doing, or plan on doing any of these activities.

### **Diet:**

Diet and nutrition protocols will be provided directly from me during your coaching program. Adjustments and modifications will be made as you progress.

### **Supplements:**

Supplementation will be agreed upon between you and I based on your personal preferences, financial considerations and your personal goals. If you do not want to use any supplements that is perfectly fine, we can proceed without them at all. If you want a critical evaluation of supplements and their potential contribution and benefit for your goals we will cover that on a case-by-case basis. With supplements my goal is to provide you with the best information I can to allow you to make an informed and supported decision as to whether or not the cost of any given supplement is worth the potential benefit to you in your personal financial situation.

I will not recommend you take a supplement if you're not 100% comfortable with the choice and cost vs the potential benefit. Supplements are just that, 'supplements' to your diet. They are not meant to replace real food or an intelligently designed diet protocol.

## **Background Information**

In a word document I would like you to fill out and email back to me all of the following information.

**Age**

**Location** – City/Country

**Formal Education** – What is the highest degree of education you have obtained and in what field?

**Health and Nutrition Education** – Do you have any certificates, what health/fitness information do you regularly consume? How often and for how long have you done so?

**Current Occupation** – Job title and industry

**Medications** – List any medications I should be made aware of that might affect your diet and fitness program.

**Medical Complications** – List any medical complications that I should be made aware of that might affect your diet and fitness program.

**Dieting History** – List any diets you have tried and/or followed in the past. How long did you try each one for? What were the results? What worked? What didn't? Why did you stop?

**Exercise History** – How long have you been working out for if at all? Please answer for weight training, athletic training, as well as cardio style training. Also include the workout program you are currently following (if at all).

**Other Activities** – What other physical activity to regularly partake in?

**Bodyweight History** – Give a brief history of your bodyweight and the highs and lows if it has fluctuated since your late teens. Best guesses are fine if you can't remember specifically.

**Injury History** – List any injuries (chronic and acute) that I should be made aware of that may impact your fitness program.

**Current Measurements** – Take each of the following measurements:

1. Waist circumference at the belly button
2. Shoulder circumference at the widest part of your shoulders
3. Hip circumference
4. Upper arm circumference
5. Thigh circumference at mid thigh
6. Weight in pounds

**Goals** – Explain your specific diet and fitness goals that you expect to achieve throughout this coaching program and beyond. This may be a bodyweight goal, a shape goal, strength or performance goal, general health, all, part or none of the above.