KMN
KELLY MCFIE NUTRITION

Progress Diary

One of the greatest pleasures in life is realising that two weeks ago your body couldn't do what it just did.

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Follow:

Kelly McFie

Hi there!

I’m a Certified Nutritionist & Online Coach, and I’m passionate about helping my clients reach their weight and health goals.

With 20+ years of experience, I create fitness and nutrition plans that get results. I’m dedicated to making healthy living simple and sustainable.

Let's crush those fitness goals together!

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Training Planner

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Training Planner

	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 1 TYPE							
TIME & DURATION							
WEEK 2 TYPE							
TIME & DURATION							
WEEK 3 TYPE							
TIME & DURATION							
WEEK 4 TYPE							
TIME & DURATION							

Meal Planner

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Meal Planner

	BREAKFAST (If applicable)	LUNCH (Ideally 3-4 hours after breakfast)	SNACK (Ideally between lunch and dinner)	WORKOUT NUTRITION (If applicable)	DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

Macronutrient Tracker

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Macronutrient Tracker

MACROS	DAILY CALORIES	PROTEIN (G)	FATS (G)	CARBS (G)
ORIGINAL				
ADJUSTMENT 1				
ADJUSTMENT 2				
ADJUSTMENT 3				
ADJUSTMENT 4				
ADJUSTMENT 5				
ADJUSTMENT 6				
ADJUSTMENT 7				
ADJUSTMENT 8				
ADJUSTMENT 9				
ADJUSTMENT 10				
ADJUSTMENT 11				
ADJUSTMENT 12				

Lifestyle Diary

Below is an example daily sleep & lifestyle diary that you can complete for a recommended time frame. This will help you build a report to identify specific lifestyle elements that may also need to be improved to maximise the results. The more detail you include, the better the report, the better your results.

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Lifestyle Diary

Date:

How have you felt overall today?

What time did you go to bed last night?

What time did you wake up today?

How was the quality of your sleep?

How did you feel this morning & throughout the day?

Supplements taken?

Did you exercise as intended today?

Did you stay within 10% of your current daily calorie target?

On a scale of 1-10 (1 being bad and 10 being great) how stressed were you today?

Food Diary

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Food Diary

Date:

TIME + MEAL	FOOD + AMOUNT	COMMENTS

Progress Recorder

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Progress Recorder

	Scale Weight	Waist Size 2"Above Belly Button	Waist Size At Belly Button	Waist Size 2" Below Belly Button	Body fat Reading (scales/ callipers)	Pictures?
WEEK 0						YES
MONTH 1						
WEEK 1						
WEEK 2						
WEEK 3						
WEEK 4						YES
MONTH 2						
WEEK 5						
WEEK 6						
WEEK 7						
WEEK 8						YES
MONTH 3						
WEEK 9						
WEEK 10						
WEEK 11						
WEEK 12						YES

Progress Recorder

	Scale Weight	Waist Size 2"Above Belly Button	Waist Size At Belly Button	Waist Size 2" Below Belly Button	Body fat Reading (scales/ callipers)	Pictures?
MONTH 4						
WEEK 13						
WEEK 14						
WEEK 15						
WEEK 16						YES
MONTH 5						
WEEK 17						
WEEK 18						
WEEK 19						
WEEK 20						YES
MONTH 6						
WEEK 21						
WEEK 22						
WEEK 23						
WEEK 24						YES

Need More Help with Your Health and Wellbeing Journey?

Thank you for downloading my free progress diary. I hope you find this guide helpful in navigating the changes and challenges that come with changes to your health and fitness habits. Remember, every journey is unique, and it's okay to seek additional support when needed.

If you're looking for more personalised guidance to achieve your health and wellness goals, I'm here to help. My 1:1 nutrition and fitness coaching is designed to provide tailored advice and support based on your individual needs. Whether you want to improve your diet, increase your fitness levels, or simply feel better in your own skin, I can work with you to create a plan that works for you.

If you're ready to take the next step in your health and wellbeing journey, contact me today to find out more about my 1:1 coaching services. Together, we can create a path to a healthier, happier you.

Get in Touch:
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Kelly McFie x