

FITNESS IN FIVE

ORGANISATION WORKSHEET

“IF YOU FAIL TO PLAN YOU PLAN
TO FAIL.”



CATHERINE COKER FITNESS



PREPARING FOOD

WHY, HOW AND EVERYTHING IN BETWEEN

Note:

Most of this information on this worksheet regards to nutrition. Near the end of this worksheet there is advice on organising and planning your exercise. Use this advice in conjunction with the demo nutrition plan and gym plan for best results.

Why:

Preparing or putting thought into what you eat serves many purposes. firstly It allows you to have more control over what goes in to your food and how you like it to taste. It ensures you are getting healthy and adequate protein, fats, carbs and micro nutrients into your diet. Food prepping can be as relaxed or as thorough as you like! It does not have to be a bulk cook up once a week. The frequency at which you cook will be determined based on your lifestyle. It's pretty hard to make a good meal without the ingredients you need on hand hence some preparation makes the world of difference. Taking an hour or two out of your week will at first be a bit of a pain and a long process but the more you do it the faster you will become and the more enjoyable the whole process will be.

How:

1. Determine the times you can cook and how you will share the load i.e. is it just you cooking or do you have a roster between your partner / flatmates?

Example: I cook on Sunday, Tuesday, Wednesday + Friday or Saturday, Kevin (my partner) cooks Monday and Thursday. Usually we just see who is free that night.

2. Write a loose meal plan on the weekly meal plan I have provided what meals I eat. I get inspiration for these meals from nutritionists cookbooks, websites or blogs. At the end of this workbook I link some of my favourite sites. If your budget allows it, I think it's best to have a meal plan made for you personally from a nutritionist, just until you have a bit more confidence and knowledge. otherwise using recipes from this list is the best option.

3. Write down on your shopping list what ingredients you will need. I have provided two different versions of lists you can print out and use on page 6 and 8.

Alternative solutions:

For people who really struggle with this, another idea is to order a food service like my food bag, plate up, fit food or pre made meals or a combination of the two. I sometimes order 3 - 5 ready made meals and keep them in the freezer if I have a particularly busy week and use them for lunches or the nights I really can't be bothered cooking.

Grocery Delivery:

If you dread going to the grocery store ordering online can really solve this problem (and some money.) Most groceries give the option to deliver your food or 'click and collect.' For me personally it's one less errand to run and I really like using it especially on a busy weekend.

80: 20 rule

A very freeing way of eating is to think 80% of the time I will eat well balanced nutritionally designed healthy meals. the other 20% I will indulge in my favourite food without guilt and without punishing myself with excessive exercise or flipping out. The more you feel restricted and bored by the food you eat day to day the more you will feel the need to binge or take the weekend off your 'crazy diet.'



PORTION SIZE

GETTING TO KNOW YOUR FOOD

I will take a moment to explain why I have not included quantities on this organisation plan. Macronutrient break down i.e. how much of your food comes from protein, carbs and fats and the proportion % will be different for everyone depending on goals, age, weight and body composition. The best way to find out what quantities you should be aiming for is by asking a qualified nutritionist to work this out with you.

I stand firmly by the belief that my clients and anyone should not take advice on nutrition directly from me or other personal trainers unless they are properly qualified to do so. Most personal trainers have a very brief knowledge of nutrition and I have seen a lot of malpractice in this area from personal trainers doing a disservice to their clients. (Although they mean well!) A nutritionist can give much better and safer advice for your health to reach your goals much faster.

The second best option is to use a generic system that works very well when your goals are not as serious as say a training athlete or body competitor. For the general public with no underlying health condition who wishes to decrease their body fat to around 20% this method should actually do the trick in conjunction with eating more wholefoods, a greater variety of fruit / vegetables and plenty of water.

Eating mindfully and intuitively is also very useful, you should never feel starved or drained if so, you may be missing some important aspects to your diet.

Aim to balance your meals with a source of protein, fat and carbohydrate

Protein = the size / density of your palm

Fat = A teaspoon (note some sources of fats are much better and can be eaten in larger quantities.)

Carbohydrate = A handful

and add unlimited non starchy vegetables for the micronutrients.

Balanced meals help to also balance hormones and blood sugar levels which keeps energy and cravings at an even keel.

There is so much more information and aspects to nutrition that are important to learn and understand but for the sake of this guide I only mention the basics to give some baseline knowledge.

On the next page I give you an insight into what kinds of meals I eat as an example only. Early on in my food preppin' days I would write this out and stick it on my fridge to remind myself what I was eating and when, BUT this is a loose guide and even I would still go with the flow and use it only as a reference.

WEEKLY MEAL PLAN

WEEK STARTING: ___/___/___ WEEK ENDING: ___/___/___

	MON	TUES	WED	THUR	FRI	SAT	SUN
BREAKFAST	Raspberry choc oats	Banana choc oats	Raspberry choc oats	Banana choc oats	Raspberry choc oats	Healthy pancakes	Avo + eggs on vogels toast.
LUNCH	Left overs	Salmon Kumera + Salad	Chilli con carne	Chicken Pita burgers	Chilli con carne	Chicken pesto zoodle pasta	Cafe lunch
DINNER	Salmon Kumera + Salad	Chilli con carne	Chicken Pita burgers	Chicken pesto zoodle pasta	Burger fuel	Stir - fry	Roast
SNACKS	Carrot + peanut butter	Healthy nut bar.	Apple	Healthy nut bar.	Carrot + peanut butter	Apple	Apple
DRINKS / DESSERT	Kombucha	Whitakers dark + seasalt chocolate	Kombucha	Whitakers dark + seasalt chocolate	Kombucha	Ice - cream	Kombucha

ON PAGE 6 IS A PRINTABLE VERSION YOU CAN USE



WEEKLY MEAL PLAN

WEEK STARTING: ____ / ____ / ____ WEEK ENDING: ____ / ____ / ____

	MON	TUES	WED	THUR	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
DRINKS / DESSERT							

SHOPPING LIST

THIS IS AN EXAMPLE IN RELATION TO MY FOOD PLAN REMEMBER YOURS WILL BE SUITED TO YOUR FOOD LOVES, PREFERENCES AND DIETARY REQUIREMENTS. ON PAGE 8 IS A BLANK VERSION YOU CAN PRINT AND USE TO CREATE YOUR OWN SHOPPING LIST. ON PAGE 9 THERE IS A DIFFERENT FORMAT

Pantry items

Peanut butter
Protein powder (Go good)
Oats
Oil
Seeds + nuts
Diced tomato cans
Pitas

Freezer

Rasberries
Vogels toast

Fridge

Milk
yoghurt
butter
Eggs
Cows milk cheese

Fruit bowl

Apples
Bananas
Avocado
lemons

Meat

Salmon
Chicken (mince)
Chicken breast
Mince
Lamb

Nuts + Seeds

linseeds
pumpkin seeds

sesame seeds
Almonds

Vegetables

Kumera
Onion
Zucchini
Spinach leaves (keep in fridge)
Broccoli
Capsicum
Carrot
Frozen peas (keep in Freezer)
Can of tomatoes
Beans

Snacks

Healthy nut bar (nice + natural)

Drinks

Kombucha
Coffee
Herbal tea

Treats

Maple syrup
Honey
Chocolate

Herbs + spices

Cinamon
mixed herbs

Misc.

Oil
Dressings
Pesto

SHOPPING LIST

Pantry items

Vegetables

Freezer

Snacks

Fridge

Drinks

Fruit bowl

Treats

Meat

Herbs + spices

Nuts + Seeds

MISC.

WEEKLY MEALS

MEALS

GROCERIES

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

TOP 10 TIPS

1. Take a packed lunch Mon – Fri to work. If you don't bring your own food, you will be hungry and you will end up eating bought food. It will also save you money in the long run.
2. Make sure you have enough plastic or preferably glass containers so that you can save left over dinners for lunch or dinner the next day.
3. Wake up early enough to make sure you've packed your bag correctly with a spare change of gym gear and lunch.
4. Spend one hour on the weekend planning what dinners and lunches you will eat throughout the week.
5. If you are really pressed for time, try cook a big batch of food on Sunday and Wednesday. That usually sees me through the working week.
6. Aim to drink water with every meal and a bottle while you exercise and you will be well on your way for your daily water requirements.
7. Book in your exercise like you would a doctor's appointment. You wouldn't come late or waste a doctor's time. Treat exercise like a booking with yourself, you are just as important as a work meeting or a child's after school activity. Book it in and turn up. Don't make excuses or promise yourself you will do more later. Later will come and something else will get in the way. (This obviously won't apply if you genuinely should miss a session for reasons such as sickness or an urgent personal matter.)
8. Keep your written down goals or vision board somewhere you see often. A visual reminder on your phone / wallpaper or post it notes on your mirror are all methods I have used to keep me focused and remember my WHY.
9. Keep easy to cook meal options on hand. I call this the desperate times safety measures. Know your "go to's" and make sure you can whip them up in 10 mins or you will end up ordering out! These meals may not deliver on exceptional taste but at least they will be better than a greasy burger or pizza.
10. If you have poor quality food in your kitchen you will eat it. Throw it out and start fresh! Or week by week start replacing less healthy food items with more nutritious versions. Buy the ingredients that are in your weekly food plan and over time your pantry will appear completely new.

EXERCISE PLAN

HOW TO WRITE YOUR OWN EXERCISE PLAN.

Drawing up the perfect workout plan is a complicated art. There are so many aspects to consider to make the perfect plan for you and your current lifestyle / goals. Below is advice that will help you design your own workout plan, however if this is too overwhelming a simpler option is to download one of my more generic plans that is the best fit for you and your goals. You will be able find these on my website starting June. Or just send me an email and I can point you in the right direction.

If you wish to create your own plan here's some of my recommendations:

Write out an outline of when and what your exercise will consist of. I always recommend to just increase your current level of activity to the next level. Don't do too much all at once or it will feel overwhelming and you will want to quit after your enthusiasm wears off. For example if you don't workout at all aim for 2 - 3 workouts per week. If you workout 2 - 3 times per week, aim for 3 - 4 per week.

The layout of your programming will hugely alter based on many factors so while I am not a fan of a copy and paste workout approach, to get you started it could be perfect. You can make decisions based on your goals / genetics and my recommendations. The most important aspect at the beginning is that you feel relatively comfortable and somewhat enjoy your workout split. In time, intensity, duration and variation can be changed and pushed. Your workout routine shouldn't stay the same for ever. It should evolve with you and your improvements.

Your plan should be set up based on a few important variables. If you are not sure where you fit read below to determine where you lie and then alter your plan to suit. If you are still confused you can always send me a message / email on my social media feeds or website and I can help you.

Beginner: Has been attending the gym less than a year (or never), exercises sporadically. Has never been taught the fundamental techniques or the 'Major lifts' or understands how to 'engage core / breathing techniques)

Recommendation 2 - 4 sessions per week

Intermediate: Goes to the gym for over a year exercises semi regularly may not know completely the fundamental techniques of the 'Major lifts' or understands how to 'engage core / breathing techniques)

Recommendation 3 - 5 sessions per week

Advanced: Has been in the gym for 2+ years exercises regularly and has a competent understanding of the 'Major lifts' or understands how to 'engage core / breathing techniques

Recommendation 5 - 6 sessions per week

BODY TYPES

Ectomorph: An ectomorph are typically tall and lean with fragile bones and joints. Ecto's find it hard to put on fat and muscle and their frame is generally narrow in their shoulders and hips. Ectomorphs have a fast metabolism.

Recommendation - Favour weight training over cardio avoid LISS or endurance cardio if you are trying to gain muscle size. Use a cycle of low and high reps to gain strength and size (hypertrophy) But do not neglect cardio altogether it is still important for your heart and lung health.

Mesomorph: A mesomorph has a wider frame and typically puts on muscle with ease. They still have fast metabolisms and don't carry much body fat. A mesomorph has an athletic look and strong bones and joints.

Recommendation - Do what you like! you're body responds well to any mix.

Endomorph: An endomorph is typically short with a wider frame. They find it easy to put on muscle and fat. Endomorphs appear more square and soft. They will still have a good baseline of strength but their metabolism is much slower than an 'ecto' or 'meso' hence why gaining fat is easier.

Recommendation - Don't neglect cardio or weight training. An even split is best for your body type. We need to keep the metabolism firing with weight training. Cardiovascular exercise will have the added benefit of stripping excess body fat. (This is my type.)

Example exercise plan:

(this is based on an intermediate endomorph female aged 20 - 30 looking to lose body fat, tone up, gain strength and muscle size who has no injuries and has a good awareness of her body.)

PLAN

DURATION: 4 WEEKS

	MON	TUES	WED	THUR	FRI	SAT/SUN
EXERCISE	Lower body	Cardio 45 min - moderate	Upper body + 10 mins HIIT	Cardio 45 min - class	Full body	Rest / Active rest.
STRETCH	Full body	Lower body	Full body	Upper body	Full body	

 Resistance based

 Cardio based

 Rest / Recovery.

EXERCISE SELECTION

Below is a list of exercises that you can use to substitute into your plan. I think it's so important to love what you do! If you can include a bit of fun and variety into your exercise plan you will be much more likely to stick at it in the long run. While choosing your plan try to have a variety of both cardio and resistance. Both are so important for your health and longevity. Just keep within the recommendations mentioned previously and mix it around as you please.

Try to keep resistance days spread apart to allow your muscles to recover 1 - 2 days is all you should need to allow DOMS (delayed onset muscle soreness) to come and go. This is a natural and important process in order to adapt and become stronger so don't be worried if your muscles are sore after a resistance session.

Cardio:

Cardio Machines
Dance classes (Zumba / ballet / Hip Hop)
Running, jogging, walking
Swimming (great for low impact on joints)
Most sports
Boxing

Resistance:

Pilates
At home body weight workouts
Gym weights workouts
Ariel silks
Cross fit
Boxing

Active rest / rest

Nothing
Relaxing yoga
Low intensity walk
Mediation

Note:

Most exercise is not strictly cardiovascular without some kind of resistance on the muscles or the opposite strictly resistance with no effect on the cardiovascular. While I have categorised them into groups remember there is a cross over. This is not a bad thing I just wanted to make sure you are aware of this point.

Optimising your workout split:

Getting into the deep science of workout splits is fascinating and it gets much more complicated. Don't worry about all of that unless you are in the category of an advanced gym goer. Then I recommend you have a personalised plan written up for you or to get personal training sessions and work with a trainer one to one. Advanced weight training needs to be tailored to your specific goals accounting for many variables and tweaked as your trainer gathers more information from you and your bodies response to different training protocols.



OTHER LINKS AND USEFUL...

RESOURCES

Here are some useful apps and some that I use to stay organised and keep me motivated.

- Easy diet diary - Food tracker
- JS health - Pocket nutritionist + mental wellness
- My fitness pal - Calorie counter + diet tracker
- 8fit - Fitness + nutrition
- Fitbit - Heart rate + sleep monitor (with my watch)

Here are some useful nutritionists websites:

Key nutrition

Kimberly bell nutrition

Julia + Libby

Jessica Sepel

The nude nutritionist

SOMETIMES THE
SMALLEST STEP IN THE
RIGHT DIRECTION ENDS
UP BEING THE BIGGEST
STEP OF YOUR LIFE

- Found on pinterest..

Well Done x

You're on your way to feeling more in control and ordered with your health and exercise.

Remember change takes time! you won't be a ninja food 'prepper' straight away, be kind to yourself over the next few weeks and just aim to make one change at a time. If you have a bad week, who cares! there's plenty more weeks to come, just try again. xx



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