



**NUTRITION.  
BUILT.  
STRENGTH.**

BY BE STRONG STAY FIT, INC.



# **NBS101 6-week Bootcamp**

An Intro to Macros & Building a Healthier Relationship  
with Food

[www.nutritionbuiltstrength.com](http://www.nutritionbuiltstrength.com)



# You made it!

- **Week 6**

- Recap and share
- New macro breakdowns
- What's next?
- 



**NUTRITION.**  
**BUILT.**  
**STRENGTH.**

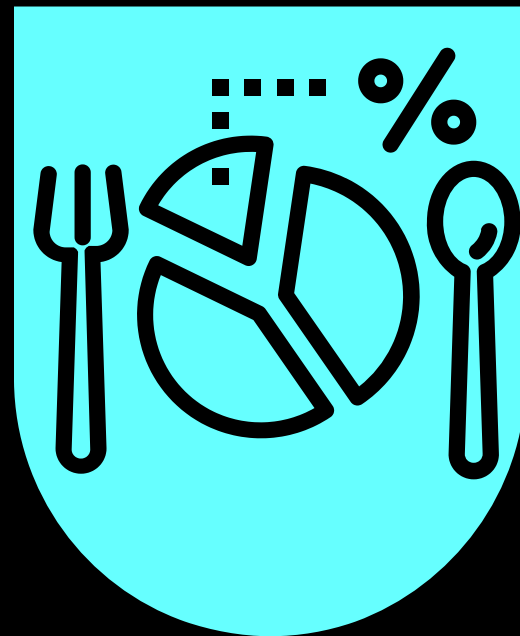
BY BE STRONG STAY FIT, INC.

What was your biggest takeaway over  
the past 6 weeks?





# Recap of what we covered



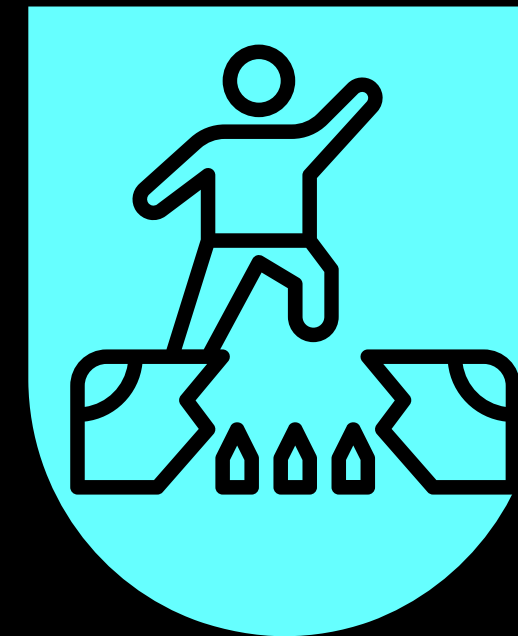
Basics of  
macros



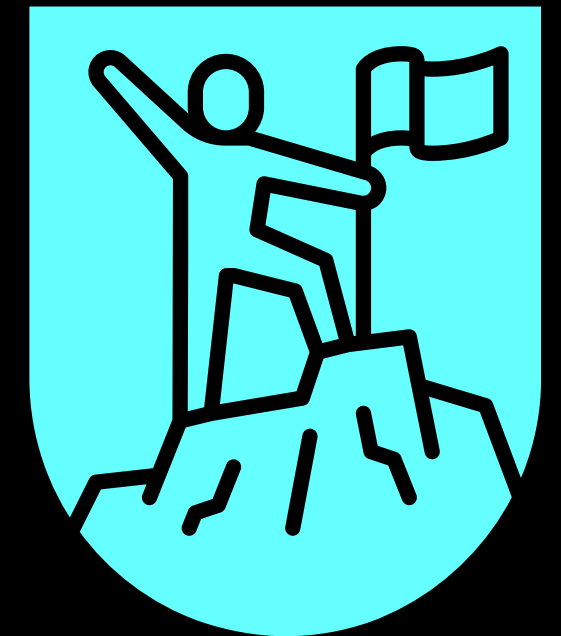
Tracking  
food and  
exercise



Goal  
Setting



Navigating  
challenges



Long-term  
success



“

“All you need is the plan, the road map, and the courage to keep going on to get to your destination.”

-Earl Nightingale

”



**NUTRITION.**

**BUILT.**

**STRENGTH.**

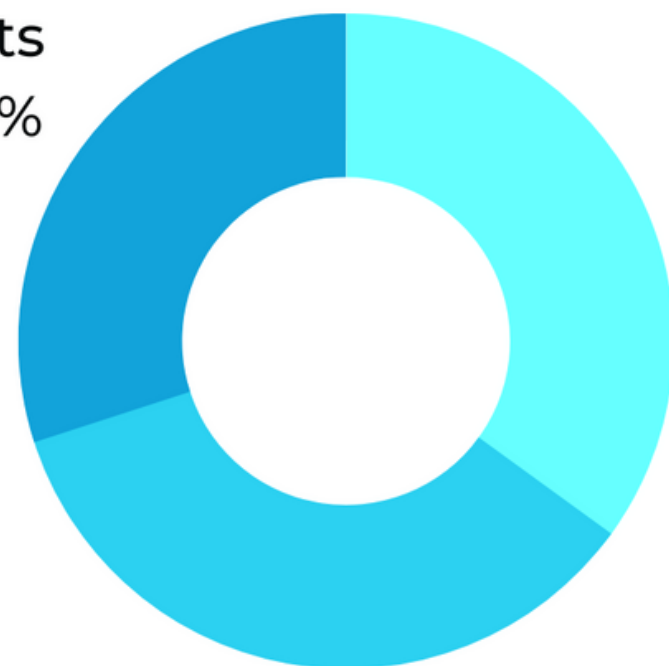
BY BE STRONG STAY FIT, INC.

Name: Jennifer Barker

Macro Assessment



Fats  
30%



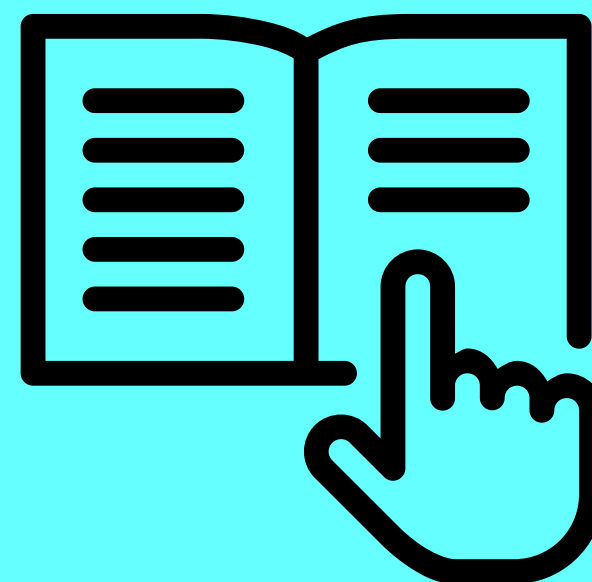
Protein  
35%

Carbs  
35%

*Macro Breakdown*

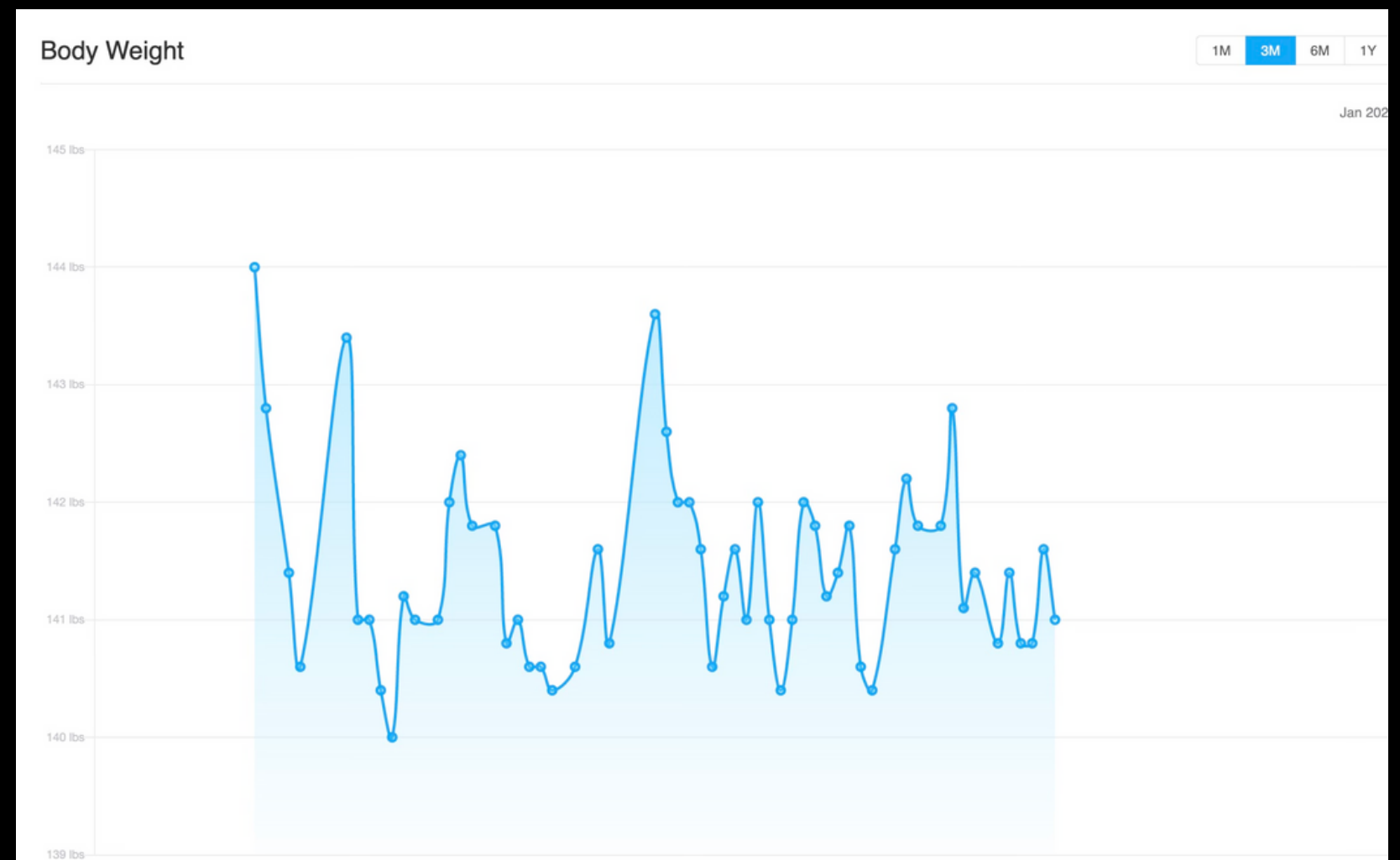
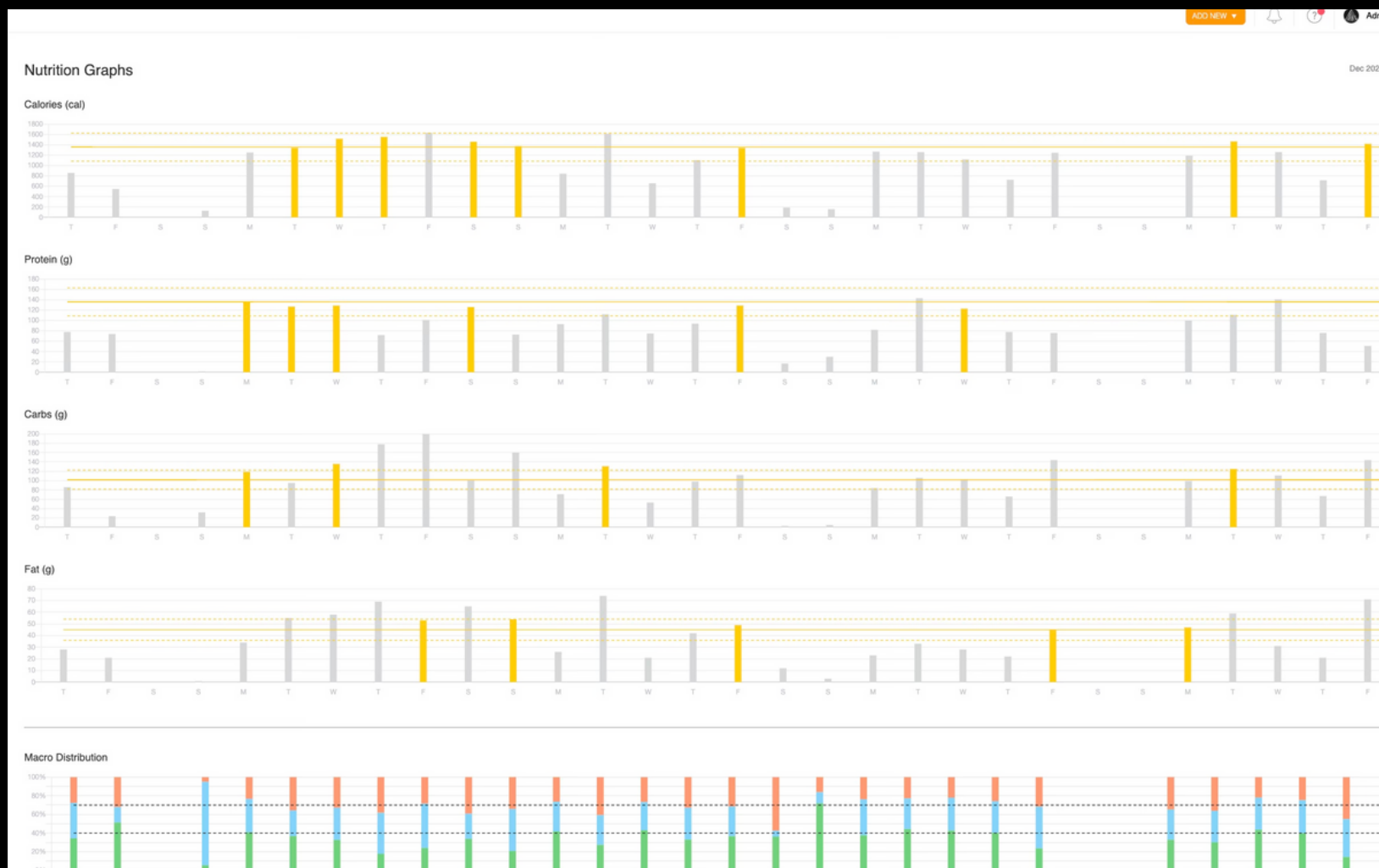
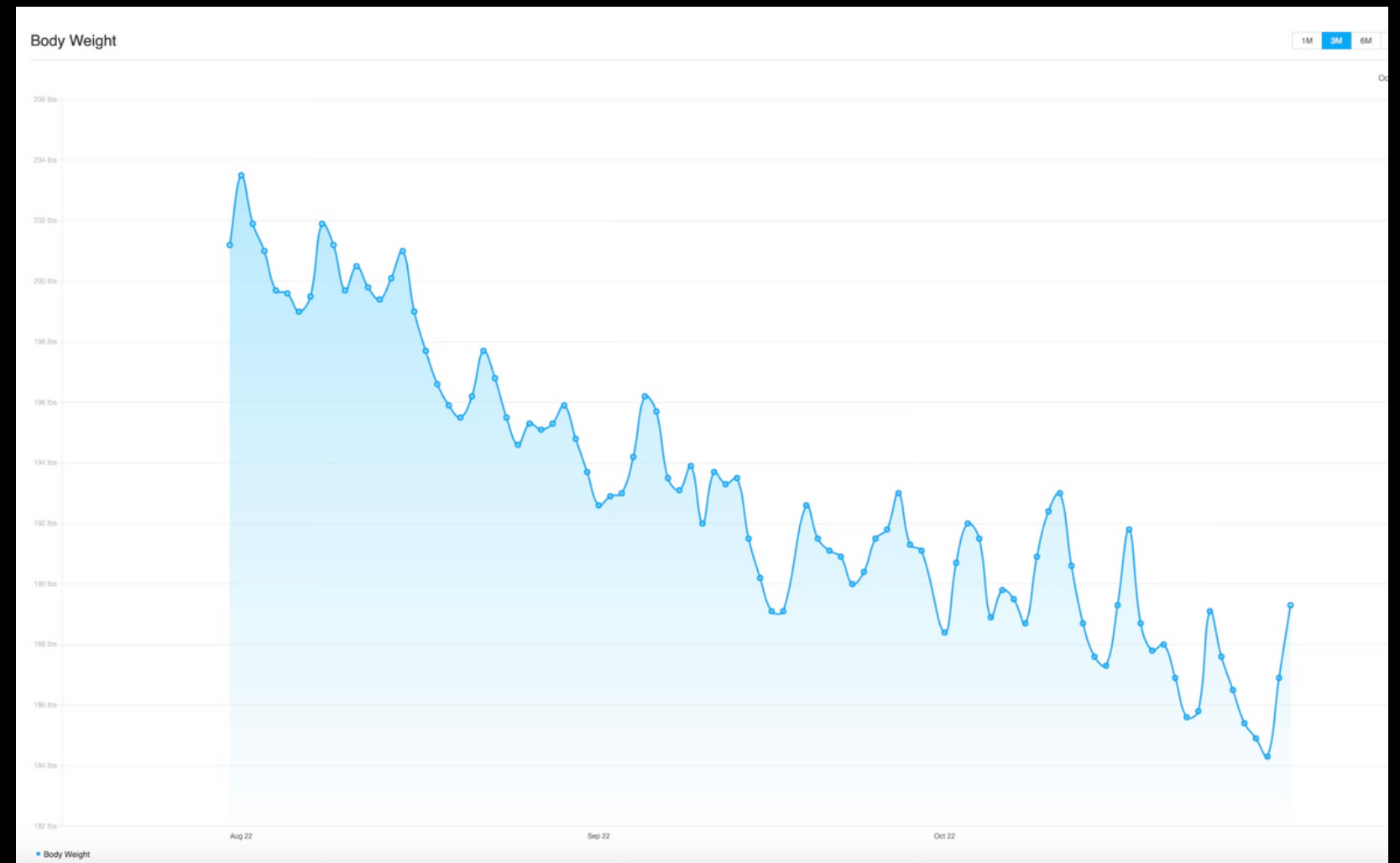
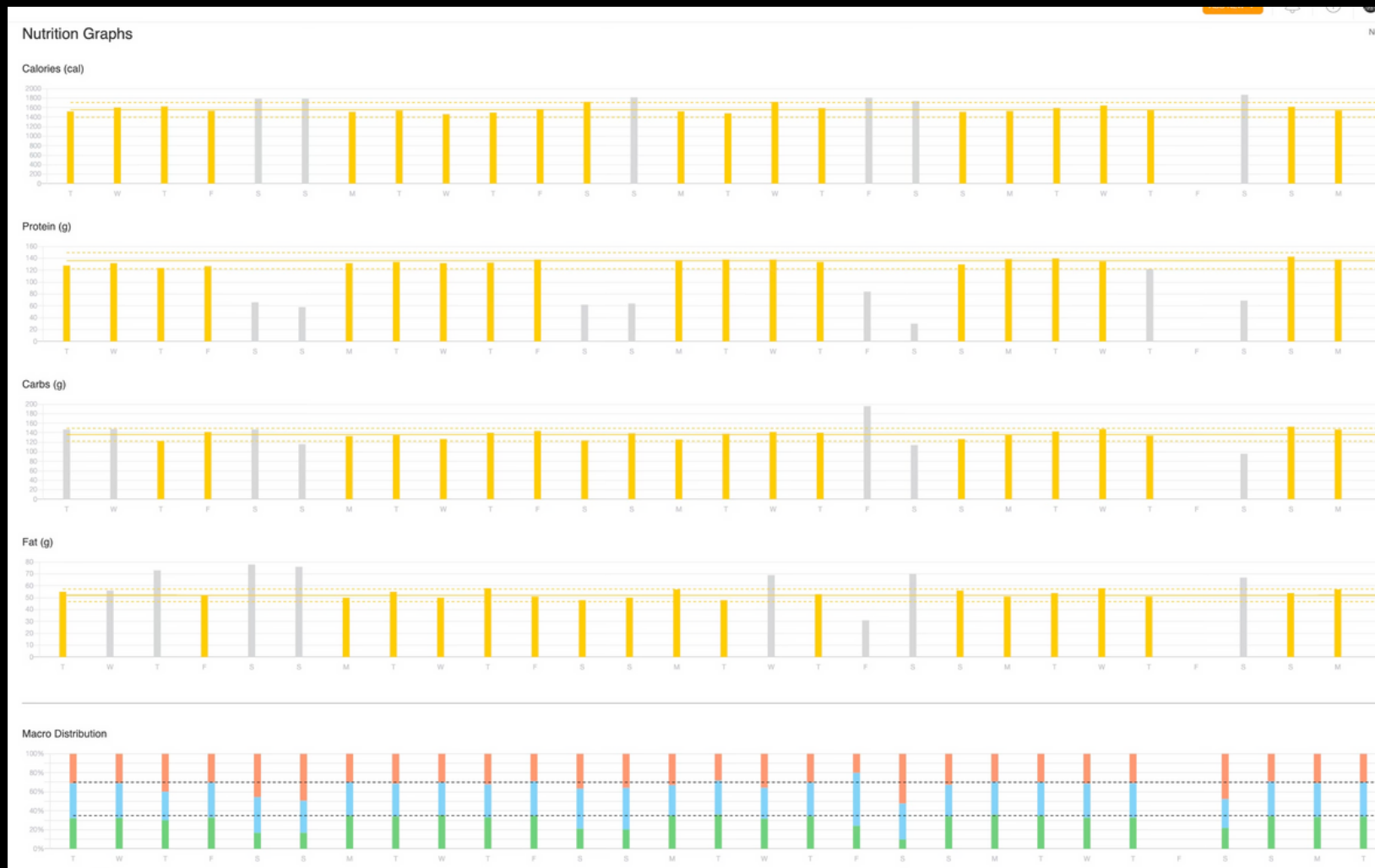
	Protein	Carbs	Fat	Total Calories
M-F	122.5	122.5	47	1,400
Sat & Sun				1,800

# How to read your macro template



**NUTRITION.  
BUILT.  
STRENGTH.**  
BY BE STRONG STAY FIT, INC.

# COMPLIANCE



● CALORIES

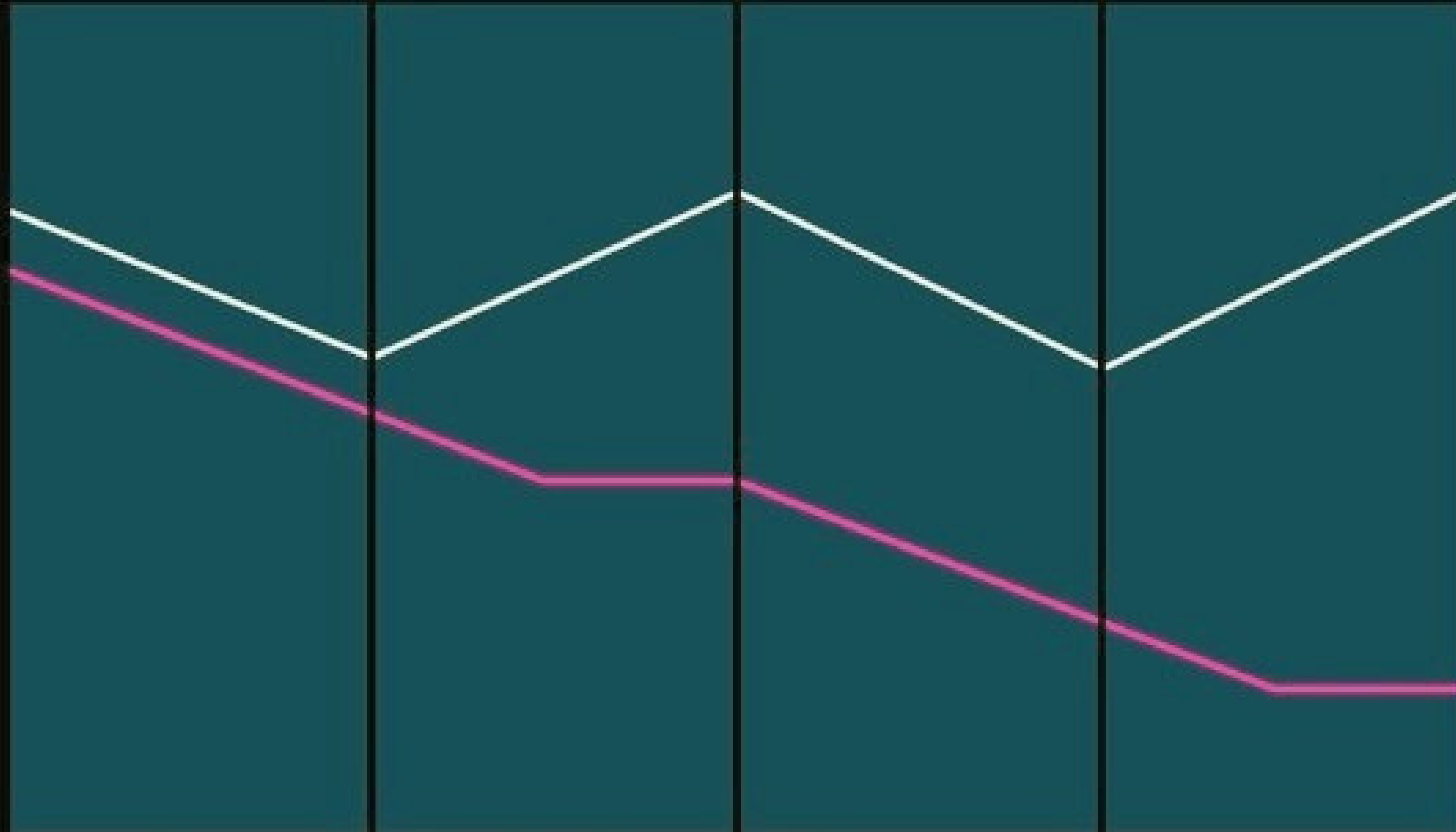
● WEIGHT

PHASE 1  
WEEKS 1-12

PHASE 2  
WEEKS 12-24

PHASE 3  
WEEKS 24-36

PHASE 4  
WEEKS 36-48



# Deficits

## vs.

# Rebuilds



**Stop yo-yo  
dieting once  
and for all!!!**



**NUTRITION.  
BUILT.  
STRENGTH.**

**BY BE STRONG STAY FIT, INC.**



# What makes NBS different?

Results that go beyond the scale



Only work with a  
**Registered Dietician**



Custom meal plans & exercise calendars  
built **SPECIFICALLY** for you



Weekly **ACCOUNTABILITY** check-ins  
through the NBS App



Access to our **Members Only** community  
for ongoing support



Message



Call



Skype



Resend

RECENTLY EARNED BADGES



ACTIVITY

- Total workouts 114
- Total cardio activities 144
- Last sign in 17 minutes ago
- Last message sent 13 days ago
- Last message received 64 days ago

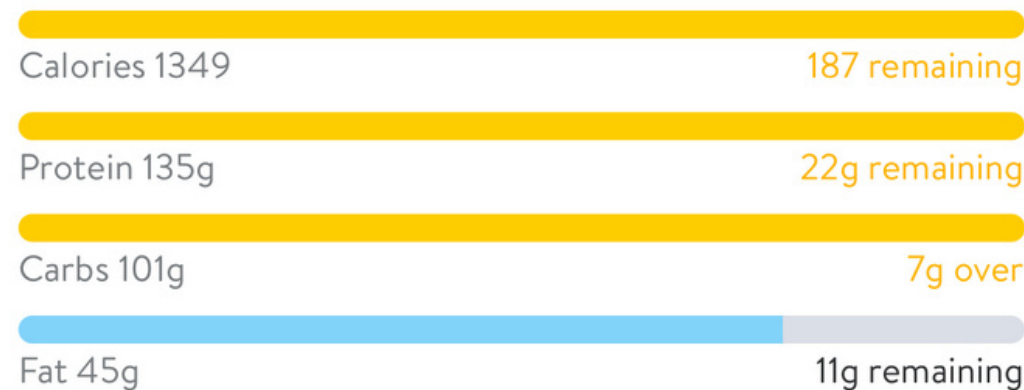


THINGS TO DO

6 Dec 2022



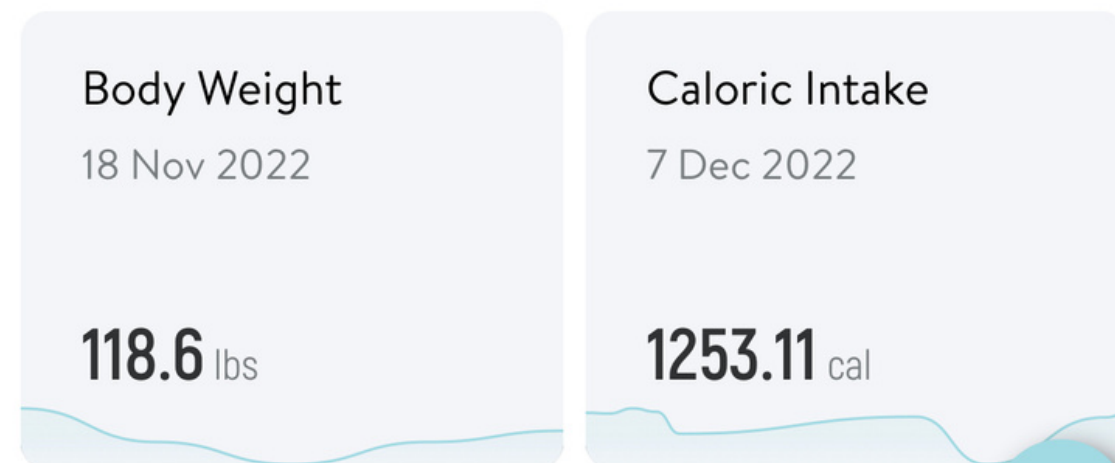
6 Meals Added



SHORTCUTS

- Toolkit
- FB Group
- O.H.

MY PROGRESS



Steps Today

817 steps



Sleep

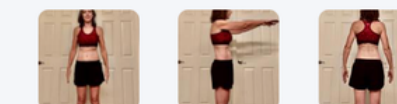
...

Body Fat

...

Photos

18 Nov 2022



Resting HR Today

70 bpm



Blood Pressure

...

Lean Body Mass

...

Caloric Burn Today

585 cal



MY ACHIEVEMENTS



Done

CENSORED

# MACRO BREAKDOWN



BE STRONG STAY FIT INC.

**Client:** CENSORED **Date:** February 9, 2023

**Activity Level:** 1.2 **Average Daily Intake:** 1537 [REBUILD GOAL 1906-2006]

## Days of Week x 5

Calories: 1432

Protein: 125g

Carbs: 125g

Fats: 48g

## Days of Week x 2

Calories: 1800(+/- 50 calories)

### Notes:

Breakfast (meal 1) should have low to no carbs in it (20g or less) on your macro/meal Plan days.

Make sure for generic things like fruit to search MFP for NBS by BSSF logs.

[NBS Welcome Packet \(Click here\)](#)

[NBS Private Podcast Link](#)

[The NBS Podcast with Bradley Goldman](#)

## Sep 17 saved plan

Jump To [Grocery List](#) [Day 1](#)

### Day 1

1430 Cal ● 124.8g Carbs (0.5g Fiber) ● 4

#### Breakfast 369 Cal



**Egg**

1 large • 72 Cal



**Oatly Milk**

113 grams • 57 Cal



**Fairlife Chocolate Core Power Elite**

1 bottle • 240 Cal

#### Lunch 318 Cal



**Chicken breast**

86 grams • 103 Cal



**365 Jessica Cheese**

7 grams • 27 Cal



**Jessica Yogurt**

80 grams • 47 Cal



**corn chips**

30 grams • 140 Cal

#### Dinner 394 Cal



**Protein Macro**

27 grams • 108 Cal



**Fat macro**

18 grams • 162 Cal



**Carb Macro**

31 grams • 124 Cal

#### Snack 350 Cal



**Fruit**

30 serving • 120 Cal



**Oikos Triple Zero Vanilla**

150 grams • 90 Cal



**JT Truffle**

12 grams • 80 Cal



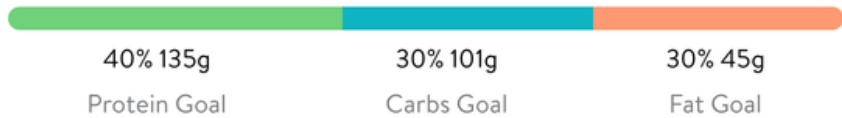
**Fit Popcorn Chips, Sea Salt**

14 grams • 60 Cal

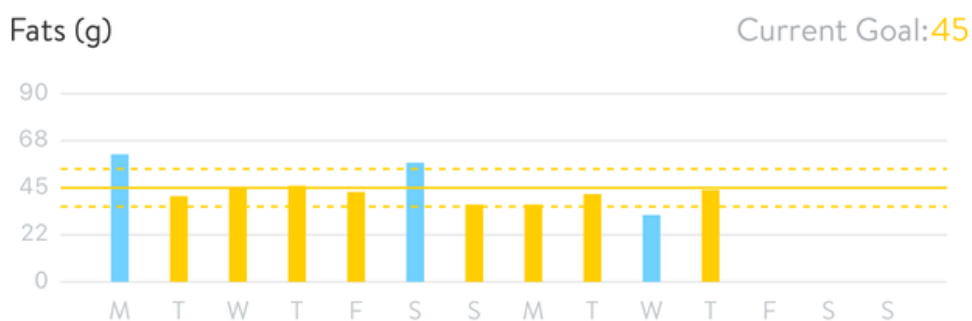
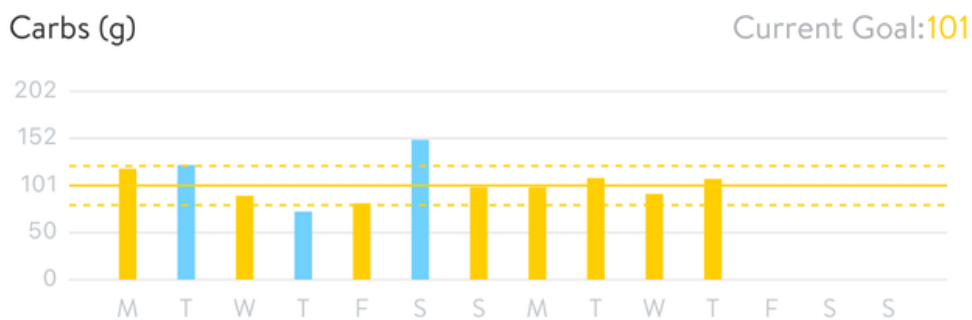
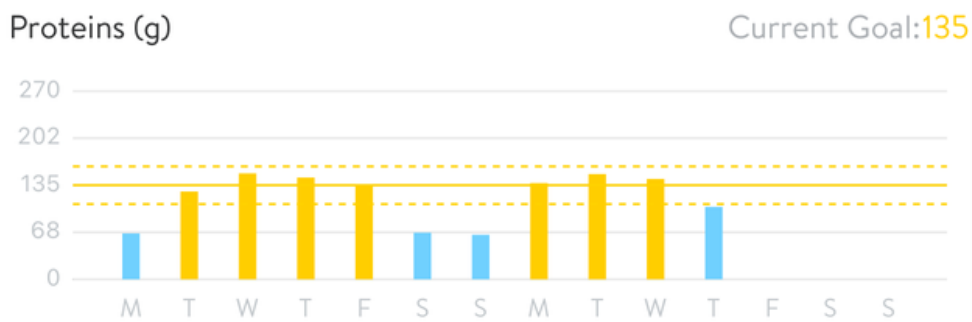
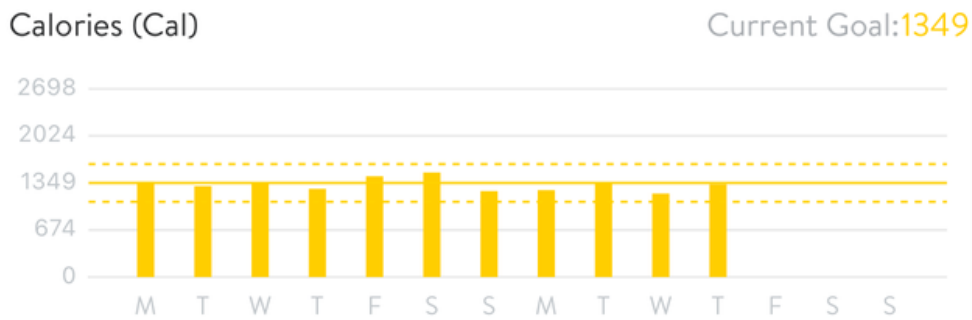


### Nutrition Graph

🍏 Eat 1349 Calories per day, with the following macro split



31 OCT 2022 - 13 NOV 2022



### Body Weight

Add

3M 6M 1Y 2Y 3Y



#### NOV

18 Nov 2022	118.6 lbs
17 Nov 2022	118.4 lbs
16 Nov 2022	118 lbs
15 Nov 2022	118.4 lbs
14 Nov 2022	119 lbs
10 Nov 2022	117.6 lbs
9 Nov 2022	117.6 lbs
8 Nov 2022	117.8 lbs
7 Nov 2022	118 lbs



### Waist

Add

3M 6M 1Y 2Y 3Y



#### NOV

18 Nov 2022	26.11 inches
10 Nov 2022	26.29 inches
3 Nov 2022	26.49 inches
<b>OCT</b>	
27 Oct 2022	26.27 inches
21 Oct 2022	26.48 inches
6 Oct 2022	26.3 inches
<b>SEP</b>	
29 Sep 2022	26.31 inches



BE STRONG STAY FIT INC.

### MY ACHIEVEMENTS

- 9 Nov: **500 Milestone bike ride** - You cycled for 500 miles
- Longest bike ride ever!** - You cycled for 18.81 miles
- 20 Oct: **100 workouts complete!** - You make it look easy!
- 17 Oct: **300 Milestone walk** - You walked for 300 miles
- 7 Oct: **400 Milestone bike ride** - You cycled for 400 miles
- 27 Aug: **75 workouts complete!** - Give yourself a high five!



16 Nov 2022



### Full body

Completed

Regular

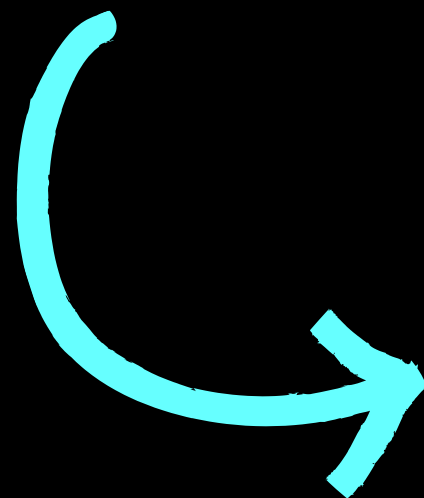
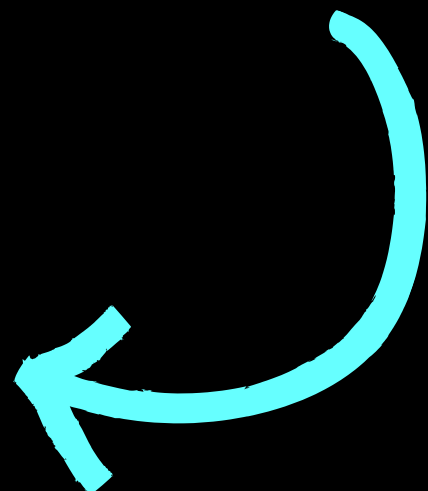
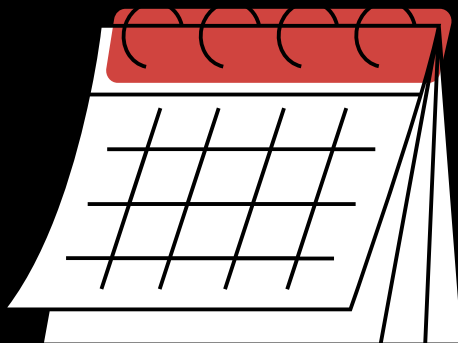
Duration: est. 4 minutes

**STRENGTH** Strength - Core (NBS)  
5 min

**STRENGTH** Strength - Lower Body (NBS)  
15 min

**STRENGTH** Strength - Upper Body (NBS)  
15 min

**STRENGTH** Strength - Core (NBS)  
5 min



**CENSORED**



14 Sep 2022



Admin NBS

7:02 AM

Hi Jessica!

Here is your weekly check in! Please fill out this form by the end of day today (Wednesday) and don't forget to send your progress photos and waist measurements and have them in by Thursday at 7am PST.

Have a great day! :)

<https://forms.gle/ee1deCWjMiLkvMSL9>

**NBS Premium Coaching Check-In Form**

NBS Premium Coaching Check-In Form

*\*Required*

Full Name \*

Your answer \_\_\_\_\_

Date \*

MM DD YYYY

\_\_ / \_\_ / 2023

Have you already sent in your check in pictures? \*

Yes

No



30 Jan 2023

Type a message



**NUTRITION.**  
**BUILT.**  
**STRENGTH.**  
 BY BE STRONG STAY FIT, INC.





Work exclusively with a Registered Dietitian specifically assigned to you



Receive a 60-minute Zoom kickoff call with our Lead RD, intro call with your assigned RD, and option for monthly calls throughout your membership



Get 1:1 accountability and support with a guaranteed 24-hour response time



Receive customized meal plans and workout calendars



Have exclusive access to the NBS by BSSF App & members only FB Group



Monthly office hours for face-to-face Q&A with our entire NBS Team

# PREMIUM

12 WKS

PAID IN FULL

\$2,100

3 PAYMENTS OF

\$750

Personalized  
Meal Plan

Customized Training  
Program

Access to the Private  
NBS Community

Weekly Accountability

20-minute Zoom  
check-in @ weeks 4 & 8

Apply your \$300  
NBS101 investment  
towards your  
NBS Premium  
membership!!

Offer good through  
6/6/23



NUTRITION.

BUILT.

STRENGTH.

BY BE STRONG STAY FIT, INC.



## Homework

Reach out to Jennifer, Bradley, Dawn or Afton if you would like to sign up for NBS Premium!

**THANK YOU!**