COACHMEPLUS

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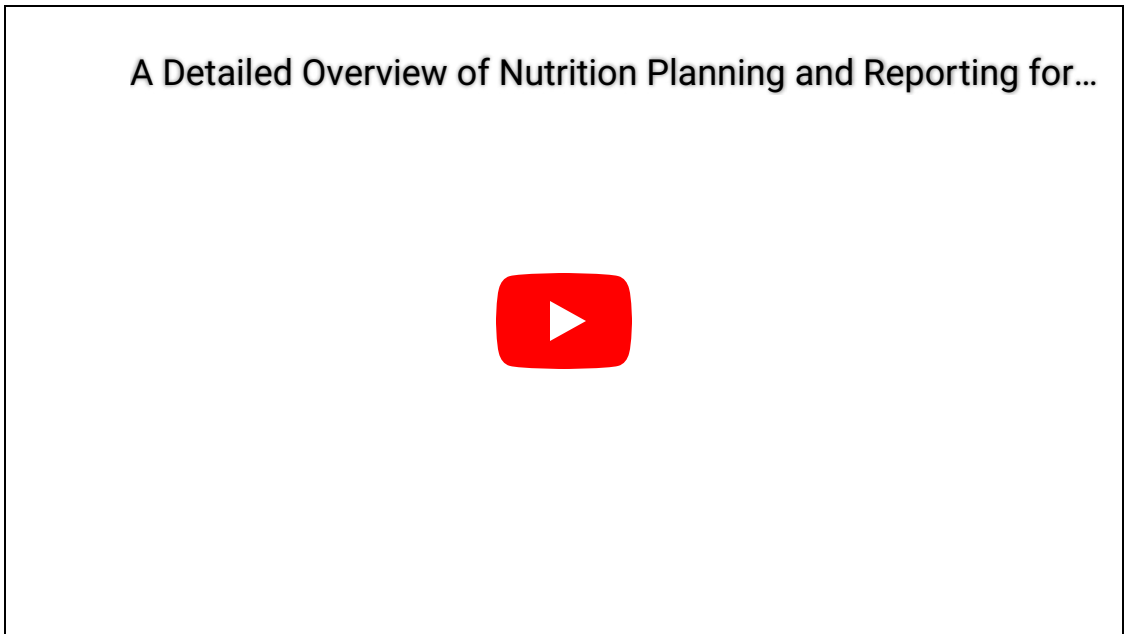# Nutrition Planning and Reporting for Coaches - A Detailed Overview
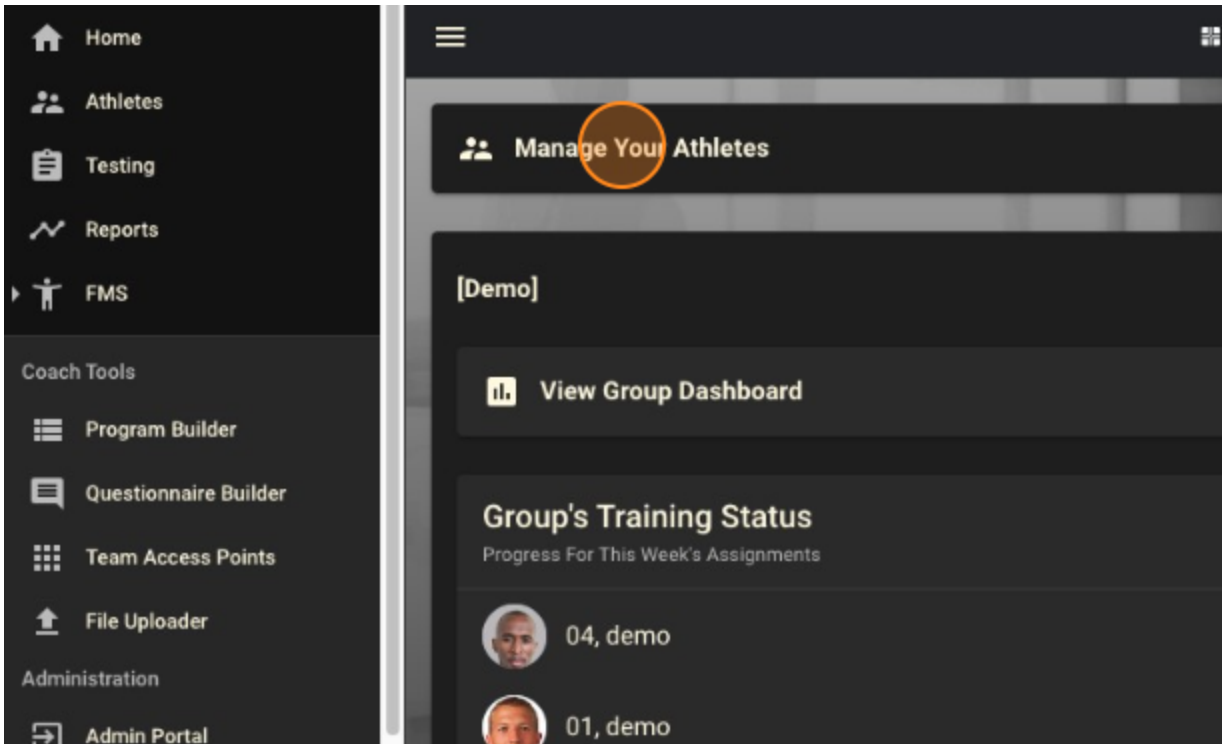
Michael Gallivan
a few seconds ago · Updated

In this article, we will show **Coaches** how to view an athlete's nutrition log and track calories, macros, and micros for today and days in the past.
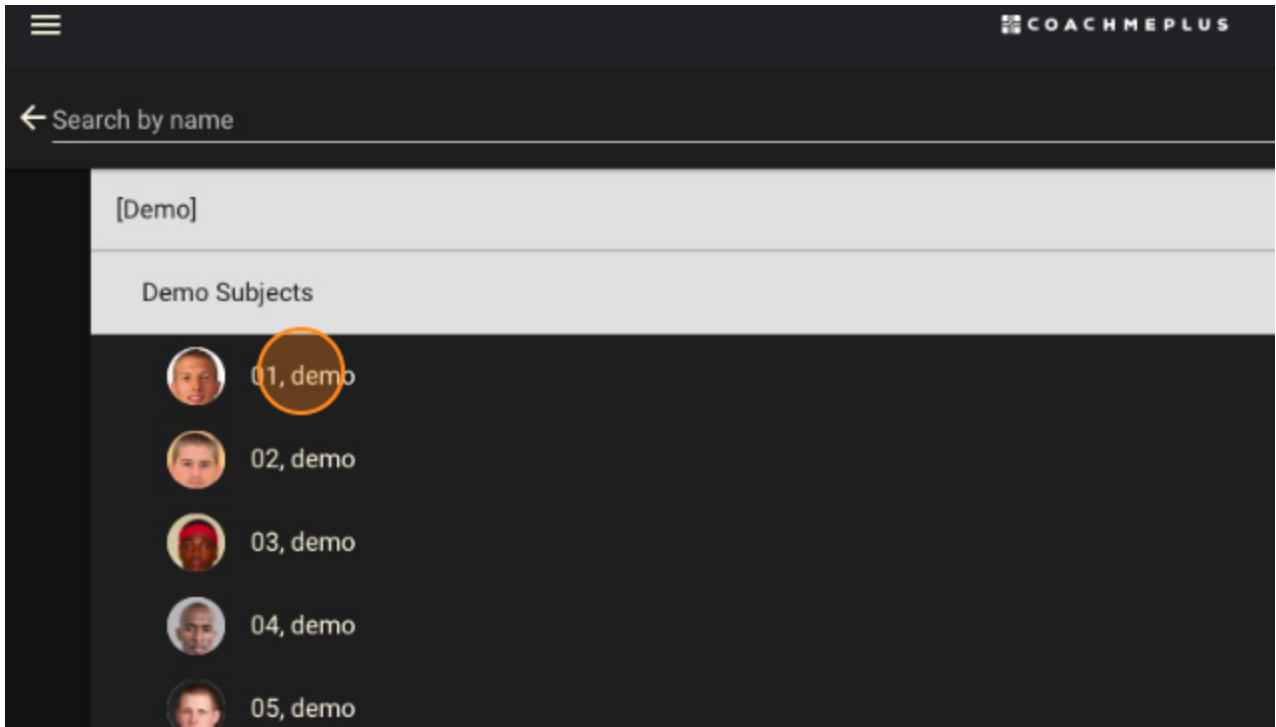
Video Walkthrough:

❓ **Help**

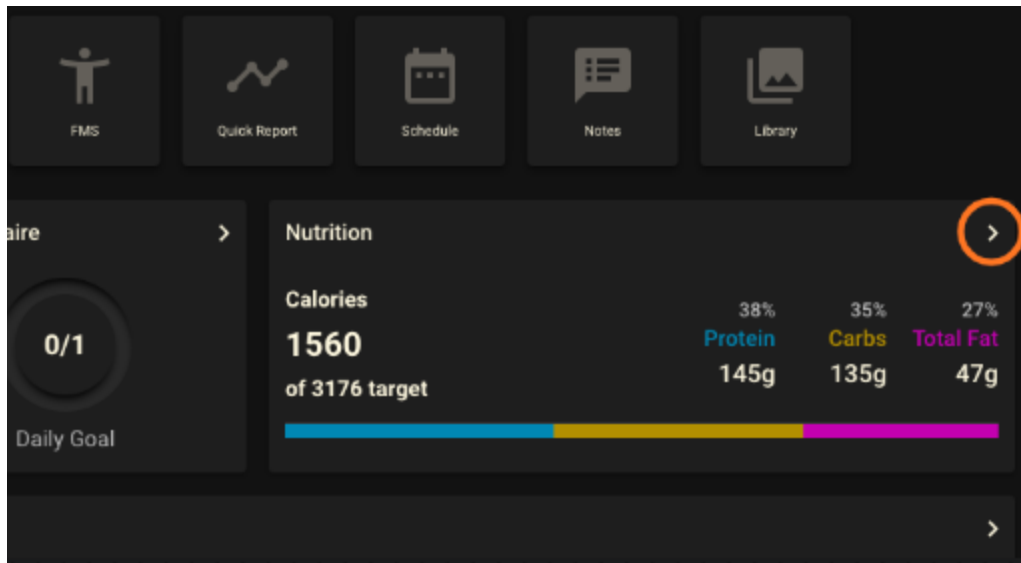A Detailed Overview of Nutrition Planning and Reporting for…

Step-by-step Instructions:

1. Navigate to "Manage Your Athletes"
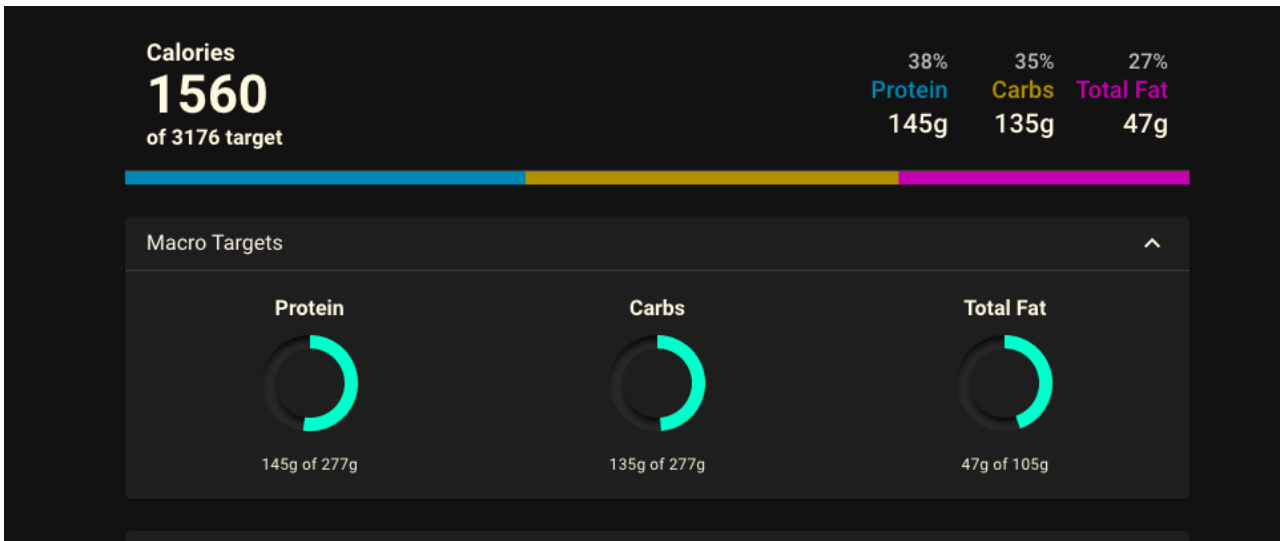

2. Select an Athlete

3. Select their Nutrition widget

On the subsequent view, you can:

### a. View progress towards calorie, macro, or micronutrient goals:

Calories

1560

of 3176 target

	38%	35%	27%
	Protein	Carbs	Total Fat
	145g	135g	47g

Macro Targets

Protein	Carbs	Total Fat
145g of 277g	135g of 277g	47g of 105g

Micro Nutrients

Vitamins

Vitamin D	93iu
Vitamin A	1387.5iu
Vitamin C	11.8mg
Vitamin E	2.715mg
Vitamin K	4.5ug
Vitamin B6	1.772mg
Vitamin B12	2.21mg

Dietary Fiber	8.1g
Iron	9.945mg
Sodium	1756mg
Calcium	562mg
Magnesium	148mg
Zinc	5.38mg
Saturated Fat	20.425g
Trans Fat	0.737g
Polyunsaturated Fat	6.226g
Monounsaturated Fat	13.445g
Cholesterol	594.5mg
Total Sugars	21.805g

b. View any logged foods by the athlete

c. Select a different day to view food logs in the past

For a deeper dive into nutrition, view these articles:

How To: Set Calorie and Macronutrient Targets in Nutrition Module

How To: Manage Per-Meal Calorie and Macronutrient Targets and Create Meal Recommendations

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