# C O A C H M E P L U S 🞇



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<u>CoachMePlus Help</u> > Nutrition > Nutrition Macro and Meal Planning



Articles in this section

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.

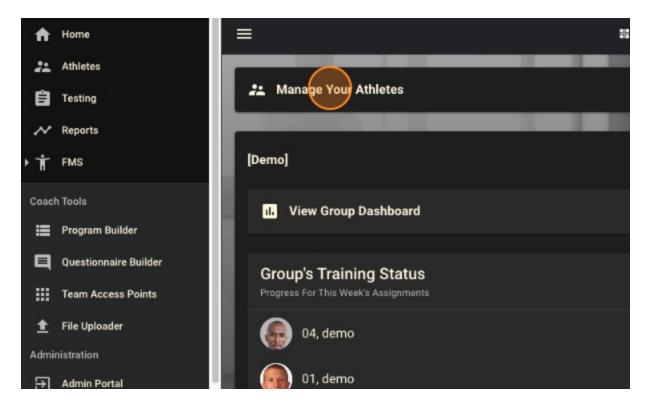
**Video Walkthrough:** 





#### **Step-by-step Instructions:**

1. Navigate to "Manage Your Athletes"



## 2. Select an Athlete

	器 COACHMEPLUS
← Search by name	
[Demo]	
Demo Subjects	
(1, demo	
02, demo	
03, demo	
04, demo	
🚯 05, demo	

## 3. Select their Nutrition widget

FMS	Quick R		Schedule	Notes	Library		
aire 0/1	>	Nutriti Caloria <b>156</b> of 317	25		38% Protein 145g	35% Carbs 135g	27% Total Fat 47g
Daily Goal							>

On the subsequent view, you can:

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

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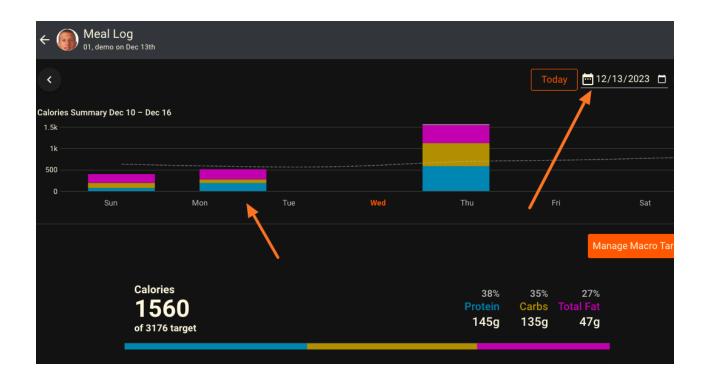
Calories <b>1560</b> of 3176 target		<sup>38%</sup> Protein 145g	35% <mark>Carbs</mark> 135g	27% Total Fat 47g
Macro Targets				^
Protein	Carbs	י (	Total Fat	
145g of 277g	135g of 277g	4	7g of 105g	

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

	Breakfast	Calories: <b>775</b>
X	Protein Powder, Zero Carb Protein, Unflavored Isopure 2 × 1 scoop (29g) @ 12:21 PM	200
	<b>eggs</b> 2 × 1 large (50g) @ 12:21 PM	144
	<b>egg white</b> 1 × 1 large (33g) @ 12:21 PM	17
	<b>banana</b> 1 × 1 large (8" to 8-7/8" long) (136g) @ 12:21 PM	121
	Culit Tax Milacot Dress	

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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<pre>✓ Yes</pre>	X No	
0 out of 0 found	this helpful	

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