

Quiz:

Where do your fitness and nutrition coaching skills rank?

The best coaches are lifelong learners.

Why?

Great coaching requires us to wonder about the world: about how biology works, about the chemistry of food and nutrients, about biomechanics and human movement.

It also requires us to think about why people do what they do, about how stories shape reality, about what people hope, think, dream, feel, and do on Tuesday at 3pm when it's break time.

And the best coaches in the world never shy away from asking smart questions about their own practice. Like: "How solid are my coaching skills, really?"

Take this quiz to see how your fitness and nutrition coaching skills rate, and learn how you can level up.

In our *Precision Nutrition Level 2 Certification Master Class*, we break coaching skills down into 14 areas for development, then teach coaches how to grow in each area.

Below, circle the score (from 0 to 5) that reflects how well you do — consistently — in each of the 14 areas of coaching.

(Be honest and real. All of us have to work on these things. It's rare to be perfect.)

Then read about your score at the end and consider what it means for your career.

Domain #1: Time management

How well can you juggle a client load and not miss anyone?

Poorly 0 1 2 3 4 5 Easily

How well can you allocate and prioritize time properly, using trusted systems?

Poorly 0 1 2 3 4 5 Easily

Do you have time for yourself — your own self-care and development?

Never 0 1 2 3 4 5 Always

How sustainable is your work? Could you do it this way forever?

I'm nearly dead now 0 1 2 3 4 5 Easily

Score for time management: _____ of 20

Notes:

Domain #2: Organization

Do you know exactly how to start and end a client session, and why?

No idea 0 1 2 3 4 5 Always

Do you know how to ensure your clients get the most out of every session?

No idea 0 1 2 3 4 5 Always

Do you do preparation and follow-up?

No idea 0 1 2 3 4 5 Always

Score for organization: _____ of 15

Notes:

Domain #3: Client-centeredness

Do you understand your clients? How well?

Not at all 0 1 2 3 4 5 Completely

Do you know your clients' fears, anxieties, motivations, drives, hopes, dreams, obstacles, stories?

Not at all 0 1 2 3 4 5 Completely

How long can you listen to your clients without jumping in to talk?

Can't listen at all 0 1 2 3 4 5 Silence forever

How well can you give your clients your full attention?

Not at all 0 1 2 3 4 5 Completely

Can you easily find and use your clients' strengths and resources?

Not at all 0 1 2 3 4 5 Completely

Can you make your program fun? Interesting? Memorable?

Not at all 0 1 2 3 4 5 Best programs ever

Score for client-centeredness: _____ of 30

Notes:

Domain #4: Client assessment

Do you know what to look for when assessing a client?

Never 0 1 2 3 4 5 Always

Do you know how to understand and use any information you collect?

Never 0 1 2 3 4 5 Always

Do you know how to set the level of challenge properly for your client?

Never 0 1 2 3 4 5 Always

Do you know when a client has made progress?

Never 0 1 2 3 4 5 Always

Could you explain HOW you know a client has made progress?

Uh, no 0 1 2 3 4 5 I have a Powerpoint presentation

Score for client assessment: _____ of 25

Notes:

Domain #5: Understanding data and evidence

Can you read, understand, and properly interpret a research study?

Never 0 1 2 3 4 5 Always

Can you decide what is valid evidence or useful data?

Never 0 1 2 3 4 5 Always

Can you analyze information in order to take action, and help your client do the same?

Never 0 1 2 3 4 5 Always

Can you explain to a client why something works (or doesn't)?

Never 0 1 2 3 4 5 Always

How well do you understand the basic facts of nutrition and physiology?

Not at all 0 1 2 3 4 5 [Here's my Nobel Prize in medicine](#)

How well can you learn and assimilate new data and information?

Poorly 0 1 2 3 4 5 [I'm a learning machine](#)

Score for using data and evidence: _____ of 30

Notes:

Domain #6: Creating change

How well can you help your clients get motivated to change... and keep changing?

Not at all 0 1 2 3 4 5 Completely

Can you recognize when a client is truly ready, willing, and able to change?

Never 0 1 2 3 4 5 Always

How good are you at getting clients “un-stuck”?

Can't do it 0 1 2 3 4 5 Can always do it

What about the “difficult” ones?

Ugghhh no 0 1 2 3 4 5 Love a challenge

Score for creating change: _____ of 20

Notes:

Domain #7: Understanding systems

Effective coaching unearths complex systems – behaviors, causes, and effects with many moving parts that all interact.

How well do you understand the complexity of human bodies and physiology?

Not at all 0 1 2 3 4 5 Completely

How well do you understand the complexity of human lives and experiences?

Not at all 0 1 2 3 4 5 Completely

How comfortable are you with the idea of complexity in general?

Not at all 0 1 2 3 4 5 I live in the Matrix

Score for understanding systems: _____ of 15

Notes:

Domain #8: Creating an effective action plan

Can you help a client move from vague goal to specific “do this today” habit?

Never 0 1 2 3 4 5 Always

Can you get your client to “buy in” to what they need to do?

Never 0 1 2 3 4 5 Always

Can your client actually do what you suggest? Every day?

Never 0 1 2 3 4 5 Always

Can you adjust your plan if it isn't working? Do you know what things to change, and how?

Never 0 1 2 3 4 5 Always

Score for creating an effective action plan: _____ of 20

Notes:

Domain #9: Skill building and practice

How well can you teach mental and emotional skills relevant to nutrition coaching, such as mindfulness or visualization?

Not at all 0 1 2 3 4 5 Expertly

How well can you teach physical skills, if you train people?

Not at all 0 1 2 3 4 5 Expertly

How well can you teach life skills (such as planning and preparation) to help your clients succeed?

Not at all 0 1 2 3 4 5 Expertly

How good are your own skills in these domains?

No skills 0 1 2 3 4 5 Expert

Score for skill building and practice: _____ of 20

Notes:

Domain #10: Communication and documentation

Do you communicate well in writing?

Not at all 0 1 2 3 4 5 Expertly

When you speak?

Not at all 0 1 2 3 4 5 Expertly

In images or video?

Not at all 0 1 2 3 4 5 Expertly

How effectively can you communicate with your body language and other nonverbal cues?

Not at all 0 1 2 3 4 5 Expertly

How well do you sense what a client is thinking, feeling, wondering about?

Not at all 0 1 2 3 4 5 Expertly

How well do you explain complex ideas or technical jargon simply and clearly so clients “get it”?

Not at all 0 1 2 3 4 5 Expertly

How well can you give and take feedback?

Not at all 0 1 2 3 4 5 Expertly

How well do you document each client’s progress as well as other important information about them?

Not at all 0 1 2 3 4 5 Expertly

Score for communication and documentation: _____ of 40

Notes:

Domain #11: Working with a variety of clients

Are you comfortable working with all kinds of clients, from all kinds of backgrounds, with all kinds of needs?

Not at all 0 1 2 3 4 5 Completely

Can you connect and communicate with a client who's different from you?

Not at all 0 1 2 3 4 5 Completely

Score for working with a variety of clients: _____ of 10

Notes:

Domain #12: Referral and support

Do you know what to do when things get weird, or go outside your scope of practice?

Not at all 0 1 2 3 4 5 Completely

Do you have a support and referral network of other professionals?

None 0 1 2 3 4 5 I have an army

Do you have your own mentors and coaches?

Not at all 0 1 2 3 4 5 I'm like a pro coaching athlete

Score for referral and support: _____ of 15

Notes:

Domain #13: Business skills and professionalism

Do you conduct yourself with professionalism, integrity, and courtesy?

Never 0 1 2 3 4 5 *The Queen takes etiquette lessons from me*

Do clients appear to respect and trust you?

Never 0 1 2 3 4 5 *Always*

Do clients enthusiastically seek out what you're offering?

Never 0 1 2 3 4 5 *Always*

Do you have demonstrably ethical business and marketing practices?

Never 0 1 2 3 4 5 *Always*

Score for business skills and professionalism: _____ of 20

Notes:

Domain #14: Handling your own stuff

Can you manage your own workload, stress, emotions, and career development?

Never 0 1 2 3 4 5 *Always*

Can you show up to coaching with integrity and feel genuine, rather than having to "perform"?

Never 0 1 2 3 4 5 *Always*

How well do you know your true self and values, and how those relate to your coaching practice?

Not at all 0 1 2 3 4 5 *Completely*

Do you have systems in place for lifelong learning and growth?

Not at all 0 1 2 3 4 5 *Working on my third PhD now*

Score for handling your own stuff: _____ of 20

Total score for all coaching domains: _____ of 300

Notes:

How did you do?

We gave you a total score, but we also suggest you review your scores in each domain to see specific areas where you might improve.

0-75

You're just starting out and finding your "coaching legs". Good for you. Consider building your skills a little more and observing more experienced coaches before you take on clients.

76-150

You're working on building fundamentals. Keep practicing! Find a great mentor to spend time with, and ask clients for feedback as you progress.

151-225

You've got a solid foundation, and probably have plenty of good coaching days. Now's the time to study coaching methods, refine key details, and develop the nuances of your skills.

226-300

World-class supercoach!

Want to level up your coaching skills?

The Precision Nutrition Level 2 Certification Master Class offers fitness and health professionals exclusive, personalized training and mentorship to help them become elite super coaches.

Working closely with the most skilled coaches in the world, you'll receive unprecedented access to Precision Nutrition's best research, strategies, tools, and technologies.

Since we only take a limited number of students, and since the program sells out every time, it's strongly recommended that you add your name to the VIP List.

When you do, you get the chance to sign up 24 hours before everyone else. Even better, you get a huge discount off the cost of the program.

Add your name at get.pn/level-2.

[Note: The Level 2 Master Class is only for students and graduates of our Level 1 Certification. Find out more about Level 1 at get.pn/level-1.]