

The Habit Coaching Cheat Sheet for Personal Trainers

Clients sometimes struggle to make lasting progress in their fitness or nutrition journeys, not because they lack effort, but because they lack the strong habits needed to see long-term success.

That's where you come in. This cheat sheet breaks down some quick tips about habit coaching: why it matters, how to implement it, and which tools and strategies you can use to help clients reach their goals.

WHY IS HABIT COACHING IMPORTANT?

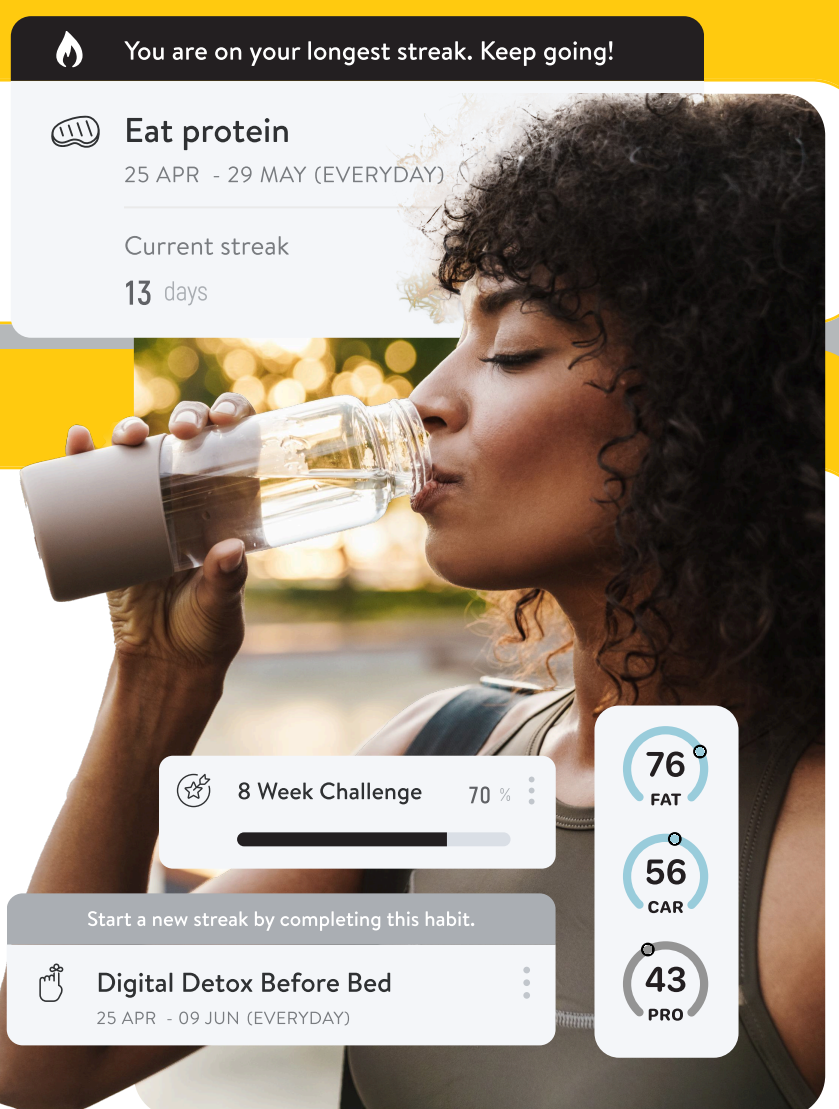
- **Small wins fuel big results.** Visual results aren't immediate, so helping clients celebrate small wins, like drinking more water or getting more sleep, helps increase their confidence, motivation, and overall retention.
- **Habits create structure.** Helping clients build routines not only supports their fitness or nutrition goals, but also improves their mental health and overall lifestyle, providing them with a healthy, clean, and efficient everyday cycle.

EFFECTIVELY IMPLEMENTING HABITS

- **Start small.** Habits can take some time to form, so focus on easy tasks, like a daily 10-minute walk or stretching before bed, to ease clients into structural changes and build confidence and momentum.
- **Set specific goals.** Clients need clear targets to stay motivated. Give them exact numbers, like "walk 2 miles a day," instead of something vague like "walk more."

TRACKING PROGRESS

- **Track progress visually.** It can be hard to see habit progress, especially with things like stress management or motivation. ABC Trainerize helps you track progress through charts, calendars, and synced devices, giving you a clearer, full picture of your clients' progress.



EXAMPLES OF COMMON HABITS

Below are several habits that are frequently recommended by coaches and trainers to support lasting change:

- Drink X mL of water/day
- Walk X steps/day
- Get 8+ hours of sleep/night
- Stretch for 5 minutes once/hour
- Stay off your phone an hour before sleeping
- Limit your screen time to at most 5 hours/day
- Meditate, reflect, or enjoy the silence for X minutes/day



COACHING DOS & DON'TS

- **Avoid all-or-nothing thinking.** Habits aren't always easy to stick to. If your client misses a day or slips back into a bad habit, don't scold or punish them. Instead, identify the trigger and work with them to solve the problem.
- **Identify barriers.** Take the time to sit down with your clients to understand what's preventing them from achieving their goals, so you can collaboratively develop a plan to overcome the problem.
- **Provide consistent support.** As a habit coach, stay actively involved in your clients' journey to keep them motivated and focused. Schedule weekly check-ins, give regular feedback, and encourage two-way communication to ensure their needs are met.
- **Don't ignore bad habits.** While your main goal is instilling healthy, happy habits in your clients' lives, helping them replace bad habits is just as important. Practice habit-swapping accordingly and offer outside support if needed.

Kickstart Your Habit Coaching Journey

Every great coaching journey starts with the right tools. Discover how ABC Trainerize can help you change your clients' lifestyles.

Build strong habits, implement healthy routines, and form lasting connections with your clients.

TRY A 30-DAY FREE TRIAL TODAY!

GET STARTED