



Limiting Factors, Advantages, and Behavior Goals Worksheet

NAME DATE

How to use this worksheet

In making changes, clients will have both limiting factors and advantages (or “superpowers”). **Limiting factors** are things that block or work against your client doing something.

For example:

- not enough time
- don't know how
- not getting enough recovery
- other people sabotaging progress

Advantages and superpowers are things that can help your client move through these blocks, things that are already working, and / or things that your client is already doing well. For example:

- client is motivated to change
- client is organized and a good problem solver
- client is already doing part of the behavior
- client has supportive family

To use this form:

1. Capture your client's limiting factors and advantages / superpowers in the form below.
2. Use these limiting factors and advantages / superpowers to identify behavior goals and possible next actions for the client.

NOTE: A good behavior goal:

- decreases, manages, or prevents limiting factors; and
 - uses client advantages / superpowers.
- Behavior goals are meant to build specific skills.
- Use the 5S system to help you determine which skills should come first (simple, segmental, sequential, strategic, and supported).
 - For more, see here: <http://www.precisionnutrition.com/pn-coaching-secrets--revealed-infographic>.



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LIMITING FACTORS

ADVANTAGES & SUPERPOWERS

SKILLS NEEDED

BEHAVIOR GOALS TO BUILD SKILLS

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Not eating enough during the day

Planning

Hunger and appetite awareness

Eat when hungry, stop when satisfied

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