

**Motivate  
your  
Body**

**COACH JOHANN  
CSCS**

**Practice: respond  
to Trainees**

**Motivational interviewing for athletes & active**

## Trainees will mention:

- “I forgot to meal plan last week.”
- “I get too hungry so I grab the crap nearby.”
- “When I work this much, I just don’t eat anything.”
- “Whenever I go there, my parents make me eat, I gotta!”

It’s ok, but eat better snacks

Stop going over there for a while

Skip breakfast, eat less calories

Try again, every week is a chance to win

Explain your habit – wait  
for positive reception

# You have to try harder!

Draw a straight line from statement( right) to answer (right) for best responses