



The forms and tools we provide in our Pre- & Postnatal Coaching Certification (CPPC) online portal are designed to be used in conjunction with your textbook and workbook.

Your online portal includes bonus resources such as demonstration and information videos, links to more information about specific topics for you to explore in greater depth, and your comprehensive exams. It also includes dozens of valuable forms and tools to help you put into practice with your clients everything you're learning in the CPPC certification.

HERE ARE SOME EXAMPLES:

- 1** Because pelvic floor issues such as incontinence and pelvic organ prolapse are so common, in our Pre- & Postnatal Coaching Certification, we recommend that you screen every female client for pelvic floor dysfunction. Up to 19 percent of women will have surgery for one of these conditions in their lifetime, and these conditions can often be prevented or mitigated by working with a pelvic health physiotherapist — but you can't refer them for help unless you screen them. So in your CPPC online portal, you'll find a simple, validated pelvic floor screening tool to use with your female clients.
- 2** In our Pre- & Postnatal Coaching Certification, we teach you how to collaborate with your clients using their outcome-based goals (e.g., "lose 20 pounds" or "deadlift my bodyweight") to create behavior-based goals they feel ready, willing, and able to integrate into their life and that will help them reach their outcome-based goals. In your CPPC online portal, you'll find a worksheet you can use to help clients figure out both their outcome-based goals and their behavior-based goals.

- 3** We teach you how to help your clients eat in a way that aligns with their goals and doesn't require that their lives revolve around food. Part of this process involves helping your clients learn which foods are primary sources of protein, carbs, and fats. In your CPPC online portal, we provide downloadable lists of foods that are good sources of each macronutrient. You can print these lists and give them to your clients.

- 4** We also teach you how to design training programs for each trimester of pregnancy as well as for different postpartum stages from immediately postpartum, to rehab and recovery, to returning to exercise, and beyond. In your online portal, we provide sample training program templates you can use with your clients who are pregnant and in postpartum. We also provide a summary of each trimester and various stages of postpartum recovery outlining the considerations to keep in mind when creating training programs for your clients.

These are just a few of the time-saving forms and tools we provide in your Pre- & Postnatal Coaching Certification online portal. You can find a full list below.

The tools, forms, and resources in your online portal will help you get to know your clients better, and help you provide a professional, customized coaching experience for each client.

REMEMBER:

- Not all of these forms and tools will apply to every client.
- Use only what you need and what you find useful for your coaching practice.
- You can use these forms and tools at any time during the coaching process.

These are all the tools and resources included with our **CPPC Coaching Certification**.

WORKSHEET, ASSESSMENT, OR QUESTIONNAIRE	WHAT IT'S USED FOR
CSEP PARMED-X FOR PREGNANCY QUESTIONNAIRE	To help ensure that your client does not have any contraindications to exercise in pregnancy.
PRENATAL MOVEMENT SCREEN	To assess your prenatal client's posture, gait, functional movement, breathing pattern, and core/connection breath, and outline a plan for her first training session.
POSTNATAL MOVEMENT SCREEN	To assess your postpartum client's posture, gait, functional movement, breathing pattern, core/connection breath, and diastasis recti, and outline a plan for her first training session.
POSTPARTUM PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (P-PARQ)	To help guide your exercise programming considerations, determine when to refer a client to another professional, screen for any potential contraindications to exercise, and identify whether a client would benefit from a multidisciplinary approach to her rehabilitation.
DAILY ASSESSMENT FORM	To check in with your prenatal client before every training session with regard to her physical energy, emotional energy, and physical comfort.
DIASTASIS RECTI RECORDING CHART	To assess your client's degree of diastasis recti.
PELVIC FLOOR SCREENING TOOL	To screen your client for possible pelvic floor dysfunction.
GGS-1 COACHING CODE OF ETHICS	To help you abide by your code of professional conduct and ethics.
BEHAVIOR-BASED GOALS WORKSHEET	To help your client break outcome-based goals into behavior-based goals.

WORKSHEET, ASSESSMENT, OR QUESTIONNAIRE	WHAT IT'S USED FOR
TRAINING CALENDAR	To help clients who like having their entire training week planned out for them, or who like to collaborate with their coach to plan their training.
PROTEIN SOURCES	To help your clients choose from the most commonly eaten moderate and complete sources of protein.
VEGETABLE SOURCES	To help your clients choose from some of the most commonly eaten vegetables.
CARBOHYDRATE SOURCES	To help your clients choose from some of the most commonly eaten, single-ingredient, minimally-processed sources of carbohydrate, including starches and fruit.
DIETARY FAT SOURCES	To help your clients choose from the most commonly eaten sources of dietary fat outside of animal-based protein.
VITAMINS LIST	To help your clients learn about water-soluble and fat-soluble vitamins.
MINERALS LIST	To help your clients learn about macrominerals and microminerals.
COMPOUND EXERCISES WORKSHEET	To identify the categories of compound exercises and the different joints involved.
TWIN/TRIPLET PREGNANCIES	To help you better understand risks associated with pregnancies of multiples and the precautions needed when working with a client who is pregnant with multiples.
CASE STUDY: POSTPARTUM WOMEN WITH LOW BACK PAIN	A case study outlining the screening process and a five-step plan for working with a client who presents with low back pain in postpartum.



WORKSHEET, ASSESSMENT, OR QUESTIONNAIRE	WHAT IT'S USED FOR
PERCEIVED EFFORT SCALE	To help your clients gauge their effort and intensity during exercise.
TYPES OF PESSARIES	To help you and your clients learn about different types of pessaries used to assist with the support of the pelvic organs as a first line of defense for women seeking non-surgical management of prolapse, want to become pregnant in the future, have early stages of prolapse(s), or are poor surgical candidates.
TRIMESTER 1 SUMMARY	To help you become aware of considerations when working with a client in the first trimester of pregnancy.
TRIMESTER 1 PROGRAM TEMPLATE	To create an exercise program for a client in the first trimester of pregnancy.
TRIMESTER 2 SUMMARY	To help you become aware of considerations when working with a client in the second trimester of pregnancy.
TRIMESTER 2 PROGRAM TEMPLATE	To create an exercise program for a client in the second trimester of pregnancy.
TRIMESTER 3 SUMMARY	To help you become aware of considerations when working with a client in the third trimester of pregnancy.
TRIMESTER 3 PROGRAM TEMPLATE	To create an exercise program for a client in the third trimester of pregnancy.
REHAB PHASE PROGRAM TEMPLATE	To create an exercise program for a client in her first six weeks postpartum.
RETURN TO EXERCISE PROGRAM TEMPLATE	To create an exercise program for a client in weeks 7 through 18 of postpartum recovery.
BULLETPROOF YOUR BODY PROGRAM TEMPLATE	To create an exercise program for a client in weeks 19 through 42 of postpartum recovery.

How to Get the Most Out of Your Assessment Forms

SIMPLE IS BEST.

Use only what will help you gather the information you need *right now*.

ASK AND LISTEN.

Use the forms to start a conversation with your clients. Ask for more information. Invite them to share by asking, “Tell me more about...”

SET PRIORITIES.

Work with your clients to identify what is most important to address first, and start there.

AVOID ASSUMPTIONS.

Decide next steps based on what your client has shared with you about her goals, ability, time and resources available.