



# FITNESS & NUTRITION EXPERT GRADUATION REQUIREMENTS

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In order to graduate, you are required to submit all of the elements below via the appropriate submission link. Please note the quizzes & exams do not need to be saved as all are done on the online quiz centre. Use this awesome checklist to make sure you have submitted all and are ready to rock! (

<p><b>FITNESS MODULE REQUIREMENTS</b></p> <p>Quizzes &amp; Exam</p> <ul style="list-style-type: none"> <li>o Fitness Quiz 1</li> <li>o Fitness Quiz 2</li> <li>o Fitness Quiz 3</li> <li>o Fitness Quiz 4</li> <li>o Fitness Quiz 5</li> <li>o Fitness Exam</li> <li>o Practical Exam</li> </ul> <p>Assignments</p> <ul style="list-style-type: none"> <li>o Fitness Assignment 1 – Group Fitness Program Design</li> <li>o Fitness Assignment 2 – Personal Training Program Design</li> </ul>	<p><b>NUTRITION MODULE REQUIREMENTS</b></p> <p>Quizzes &amp; Exam</p> <ul style="list-style-type: none"> <li>o Nutrition Quiz 1</li> <li>o Nutrition Exam</li> </ul> <p>Assignments</p> <ul style="list-style-type: none"> <li>o Nutrition Assignment – <u>5 day</u> Healthy Eating Analysis + Plan and 3 Day Macro Tracking Review</li> </ul>
<p><b>WELLNESS MODULE REQUIREMENTS</b></p> <p>Quizzes &amp; Exam</p> <ul style="list-style-type: none"> <li>o Wellness Exam</li> </ul> <p>Assignments &amp; Co-op</p> <ul style="list-style-type: none"> <li>o Wellness Assignment – Create your Vivid Vision</li> </ul>	<p><b>BUSINESS MODULE REQUIREMENTS</b></p> <p>Quizzes &amp; Exam</p> <ul style="list-style-type: none"> <li>o Business Exam</li> </ul> <p>Assignments</p> <ul style="list-style-type: none"> <li>o Business Assignment – Create your fierce brand &amp; Business + Customer Avatar Work Sheet</li> </ul>
<p><b>CO-OP REQUIREMENTS</b></p>	
<p><b>EVENT &amp; OBSERVATION REVIEW</b></p> <ul style="list-style-type: none"> <li>o Event Review 1</li> <li>o Event Review 2</li> <li>o Observation 1</li> <li>o Observation 2</li> </ul> <p><b>GROUP FITNESS CO-OP</b></p> <ul style="list-style-type: none"> <li>o Group Fitness Co-Op 1</li> <li>o Group Fitness Co-Op 2</li> <li>o Group Fitness Co-Op 3</li> <li>o Group Fitness Co-Op 4</li> </ul>	<p><b>PERSONAL TRAINING CO-OP</b></p> <ul style="list-style-type: none"> <li>o Personal Training Co-Op 1</li> <li>o Personal Training Co-Op 2</li> <li>o Personal Training Co-Op 3</li> </ul> <p><b>NUTRITION</b></p> <ul style="list-style-type: none"> <li>o Recipe Development – Create a properly designed Complete in 3 Approved Recipe</li> </ul> <p>CPR – Minimum of A</p>