



Student: Vanessa Kott

Mark: 97/100

Beautiful, Vanessa! Very well done, you have so much to offer your clients. Bravo, chick!

Intro	Mark	Comments
Positive introduction highlighting what they are doing well and where some adjustments can be made. Includes an analysis of the areas they will be working on and why.	9/10	Excellent intro!
Meal Plan	25/25	
Meals/Snacks are balanced with the complete in 3 (include protein / fibre / fat) and focused on real whole foods	10/10	Looks good--all complete in 3, great job. :)
Meals are based on the client's food journal (ie in line with their likes and tastes	5/5	
Overall meal plan (ie easy for client to adhere to, not too many complicated recipes etc)	5/5	Looks very do-able!
Fibre goal of 25 – 40g of fibre and water goals of 2.3- 3L or ounces based on body weight are listed	3/3	
Recipes clearly indicated	2/2	
Blood Sugar Management	10/10	
Explains importance of blood sugar management in an easy to understand manner	5/5	Excellent! A lot of really great info here for your client. Well done.
How you can manage blood sugar (complete in 3 rule of protein, fibre and fat)	3/3	
Image and links to support the information	2/2	
Post Workout Nutrition	8/10	
Explains nutrient timing and when and how much should be eaten after working out (2:1 carbs to protein, minimal fats, within one hour of working out)	5/5	2:1 carbs to protein. Great, although unless it's a LISS workout, something small is ideal for women instead of an empty stomach e.g. morning
Specific examples of post workout meals with amounts	3/5	Yum, sounds delicious! A few more examples here would be great :)
Portion Control	12/12	
Explains importance of portion control	5/5	Perspective is everything, love it!
Gives examples of how to practice portion control	5/5	
Provides an image or links for supporting information	2/2	
Grocery List	3/3	
Sample is included that clearly indicates proteins, fats, carbs and veggies (can be the FIT CHICKS one pasted in)	3/3	
Macro Tracking	30/30	
Calculates maintenance and goal macros correctly	10/10	



Provides 3 days of food tracking	5/5	
Macros program overview (3 tips to help clients hit macros each day)	5/5	
Personal review of macros	10/10	Fantastic, thank you for sharing!