**FNE Nutrition Assignment Marking Sheet**

**Student:**

**Mark: /100**

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| Intro | Mark | Comment |
| Positive introduction highlighting what they are doing well and where some adjustments can be made | /10 |  |
| Meal Plan | /25 |  |
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| Meals/Snacks are complete in 3 | /10 |  |
| Meals are based on the client’s food journal | /5 |  |
| Overall meal plan (ie easy for client to adhere to, not too many complicated recipes etc) | /5 |  |
| Fibre and water goals are listed | /3 |  |
| Recipes clearly indicated | /2 |  |
| Blood Sugar Management | /10 |  |
| Explains importance of blood sugar management in an easy to understand manner | /5 |  |
| How you can manage blood sugar (complete in 3) | /3 |  |
| Image and links to support the information | /2 |  |
| Post Workout Nutrition | /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 |  |
| Specific examples of post workout meals with amounts | /5 |  |
| Portion Control | /12 |  |
| Explains importance of portion control | /5 |  |
| Gives examples of how to practice portion control | /5 |  |
| Provides an image or links for supporting information | /2 |  |
| Grocery List | /3 |  |
| Sample is included that clearly indicates proteins, fats, carbs and veggies (can be the FIT CHICKS one pasted in) | /3 |  |
| Macro Tracking | /30 |  |
| Calculates maintenance and goal macros | /10 |  |
| Provides 3 days of food tracking | /5 |  |
| Macros program overview (3 tips to help clients hit macros each day) | /5 |  |
| Personal review of macros | /10 |  |