**FITNESS & NUTRITION EXPERT PROGRAM**

**NUTRITION ASSIGNMENT**

NAME:

DATE:

**NUTRITION ASSIGNMENT: PART 1 – Healthy Eating Coaching Program**

It’s time to put all of the awesome learning you have been experiencing in the Fitness & Nutrition Expert Program into action! Please reference Nutrition Session 3 for this section of the assignment.

This is broken down in 3 sections:

1. Collecting a 5 Day Food record from a volunteer participant
2. Analyze their 5 Day food record and make recommendations based on the learnings in Nutrition Session 3 to help them create healthier nutrition habits
3. Rewrite a 5 Day Sample Meal Plan based on your recommendations to review with your participant.

Please ensure to submit BOTH the clients 5 Day food record AND your 5 Day sample meal with recommendations and links to resources. Please keep your recommendations to 1 page.

**Please submit Part 1 & Part 2 together to assignments@fitchicks.ca**.

Any questions regarding the assignment, please email Jess at [fne@fitchicks.ca](mailto:fne@fitchicks.ca)

**SECTION 1 - Healthy Eating Coaching Program**

For this section, we want you to use a volunteer participant to analyze their current habits and create a healthy eating coaching based on your learnings in class.

Your volunteer will complete a 5 day meal record. Once returned to you, you will develop a healthy eating coaching program on the template sheet provided.

Based on your volunteer participant’s meal plan, please make the following recommendations:

* Provide a summary of recommendations highlighting what they are already doing well and where some adjustments can be made.
* Provide them with a 5 Day sample meal below. Each meal and snacks MUST BE based on real, whole foods and be created based on the “Complete in 3” rule. (*IMPORTANT: Look at what they are eating and what they like. Try to make your recommendations in line with their tastes (ie if they like pancakes, make a recommendation for protein pancakes and include link to recipe in notes below. If they drink a lot of dairy, include a recommendation for unsweetened almond milk. Think how you can make healthier based on the learning in Nutrition Session 3 for recommendations.)*
* Provide fibre goals and water goals for them to hit each day
* Provide links to trusted websites to help them with the following:
  1. Any recipes that you would like to include (ie the FIT CHICKS Website, etc)
  2. Understanding Blood Sugar Management & why it is important
  3. What is portion control and how they can practice it

*Remember when using links they should support the information you provide. The client should not have to use the link for the full source of information. Ie. We still want you to explain blood sugar management and portion control in your own words, and you can use a link or images for the client to get more information. Remember, many clients like to print out their plans so they should have all the basic info in their program.*

* Explain Nutrient timing – what should they eat post workout?
* Include a sample grocery guide of real, whole food choices

Meal plan tip: Keep it simple. We do want you to include recipes, but a client likely won’t make 10 recipes in 5 days, especially if their food diary indicates they eat out a lot or eat a lot of prepackaged food. You can repeat meals, use leftovers for lunch, and repurpose items (ie if you have them make up a big batch of shredded chicken, they can use in a salad, in a wrap for lunch, and with veggies and rice for dinner!)

*Please write the 5 Day Food Record and the 5 Day Sample Plan + recommendations on templates provided.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| MEAL | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| Breakfast |  |  |  |  |  |
| Lunch |  |  |  |  |  |
| Snack |  |  |  |  |  |
| Dinner |  |  |  |  |  |
| TOTAL DAILY FIBRE GOAL: |  |  |  |  |  |
| TOTAL DAILY WATER GOAL: |  |  |  |  |  |
|  |  |  |  |  |  |

**RECOMMENDATIONS & LINKS**

Recipe Links (include below and highlight the foods in the meal plan that have a recipe link so they can easily reference)

What is blood sugar management and why is it important (include explanation + links below)

How to practice portion control (please explain plus include image or link to help them practice below)

What should you eat post workout and what is the timing – give an example of a post workout meal?

Include a sample grocery guide to help make real, whole food choices (this can be the FIT CHICKS Grocery guide or you can create your own to send based on what we have learned in Nutrition Session 3)

**NUTRITION ASSIGNMENT: Part 2 – Flexible Eating Program Design**

It’s time to put all of the awesome learning you have been experiencing in the Fitness & Nutrition Expert Program into action! Please reference Nutrition Session 4 for this section of the assignment.

This is broken down in 3 sections:

1. Calculate your macros using the FIT CHICKS Academy Macros Cheat Sheet and Calculator
2. Include all info in the calculator and fill out the “Program Recommendations” for your client (aka you!)
3. Following your macros for 3 days using a tracking app (recommended is myfitnesspal.com). You must submit PDF files of your 3 days macro tracking days including al foods you ate along with a 1 page personal review answering the questions listed below.

Please ensure to submit ALL pages including the calculations page, the macro program overview, PDF files of 3 days of macro tracking using a tracking app and your 1 page personal review.

Please submit your Assignment to assignments@fitchicks.ca.

Any questions regarding the assignment, please email fne@fitchicks.ca

**SECTION 1 - CALCULATE & TRACK YOUR MACROS**

For this section, we want you to use the best client out there…yourself!

Using your personal info, you will follow a flexible eating macro based program on the template sheet provided for 3 days.

The program must include your macros and your food diary from 3 days of tracking using a food tracking app such as myfitnesspal.com (these are to be submitted as PDF’s and you can download directly from the tracking app)

The program overview page must include notes as per Nutrition Session 4 so you might also share this with someone who has no previous experience with macro tracking to help them understand the plan.

1. Complete the FIT CHICKS Academy Macros Calculator and Cheat Sheet Using your personal numbers. This must be submitted along with the below.

Download here🡺 <https://www.members.fitchicksacademy.com/wp-content/uploads/2019/12/Calorie-and-Macro-Calculator-1-final.xlsx>

1. My Program Recommendations for macros tracking are: (please right in full sentences)

* How many fibre grams should I hit daily?
* What type of food should I focus my meals around?
* How should I eat at each meal for blood sugar balancing?
* What equipment do I need to track macros?

**SECTION 2 – PERSONAL REVIEW**

Once you have completed calculating the macros, please follow the plan for 3 days using a tracking app and write a 1 page personal review of the program including the following:

* Were the macros higher or lower than you are currently eating?
* What program did you use to track (i.e. myfitnesspal)? Did you find it user friendly?
* Did you hit your macros (protein, carbs and fat) within +or -5 grams each day?
* Did you reach your fibre goal each day?
* Did you find you were hungry at the end of the day or it was too much food?
* How did you feel eating this amount? I.e. energized, lethargic, stuffed, starving, etc.
* Overall opinion of this way of eating