**Student: Sarah Mack**

**Mark: 91.5 /100**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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. | | 10/10 | | Great introduction, I loved that you gave her a summary of what you will be offering |
| 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 | |  |
| 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 | | Great job using leftovers to keep consistent with her grab and go life |
| 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 | | Awesome job! |
| 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 | 7.5/10 | |  | |
| 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 | |  | |
| Specific examples of post workout meals with amounts | 2.5/5 | |  | |
| Portion Control | 9/12 | |  | |
| Explains importance of portion control | 5/5 | | Great explanation | |
| Gives examples of how to practice portion control | 4/5 | |  | |
| Provides an image or links for supporting information | 1/2 | |  | |
| 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 | 27/30 | |  | |
| Calculates maintenance and goal macros correctly | 10/10 | |  | |
| Provides 3 days of food tracking | 5/5 | | Thank you for providing your food log | |
| Macros program overview (3 tips to help clients hit macros each day) | 3/5 | |  | |
| Personal review of macros | 10/10 | |  | |