



FITNESS & NUTRITION EXPERT GRADUATION REQUIREMENTS

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FIT CHICKS® ACADEMY

FNE Graduation Requirements Checklist

In order to graduate, you are required to submit all of the elements below to assignments@fitchicks.ca. 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 everything and are ready to rock!

FITNESS MODULE REQUIREMENTS QUIZZES <ul style="list-style-type: none">○ Fitness Quiz 1○ Fitness Quiz 2○ Fitness Quiz 3○ Fitness Quiz 4○ Fitness Quiz 5○ Fitness Exam ASSIGNMENTS <ul style="list-style-type: none">○ Fitness Assignment 1 – Group Fitness Program Design○ Fitness Assignment 2 – Personal Training Program Design PRACTICAL HOURS <ul style="list-style-type: none">○ Observation Reviews x 2 (2 forms)○ Group Fitness x 4 classes (8 evaluation forms)○ Personal Training x 3 sessions (3 evaluations forms) EXAM <ul style="list-style-type: none">○ Practical Exam (Group Fitness and PT submitted together)	NUTRITION MODULE REQUIREMENTS QUIZZES <ul style="list-style-type: none">○ Nutrition quiz 1 ASSIGNMENTS <ul style="list-style-type: none">○ Nutrition Assignment – 5 day Healthy Eating Analysis + Plan and 3 Day Macro Tracking Review (Part 1 & 2 submitted together) PRACTICAL HOURS <ul style="list-style-type: none">○ Recipe Development – Create a properly designed Complete in 3 Approved Recipe EXAM <ul style="list-style-type: none">○ Nutrition Exam
WELLNESS MODULE REQUIREMENTS ASSIGNMENT <ul style="list-style-type: none">○ Create your Vivid Vision EXAM <ul style="list-style-type: none">○ Wellness Exam	BUSINESS MODULE REQUIREMENTS Build your Fitness Business Plan – Create your fierce brand & business + Custom Avatar Work Sheet <i>* Please note that this is not required for graduation, but is highly recommended</i>
OTHER CPR <ul style="list-style-type: none">○ Minimum CPR - A	