

Exploring Food and Fitness Choices Worksheet

Client Log

This worksheet can help you manage your client's plan while you work through one session of the *Exploring Food and Fitness Choices* Interactive CD-ROM.

SECTION 1: CLIENT DATA

Read your client's profile to help you complete this section.

Name: _____

Age: _____

Sex: _____

Height: _____

Weight: _____

My client's background tells me:

My client's goals (if any):

Which type of plan are you creating for your client?

One-day only _____

Four-day _____

SECTION 2: RESEARCH FINDINGS

Click the resource buttons at the bottom of the activity screens to find helpful information for completing this section.

To help my client meet his or her goals, I will focus on:

Client Log, *continued*

Three specific strategies I will use to help my client include:

SECTION 3: RECOMMENDATIONS

Follow the instructions to make food and fitness choices for your client. Summarize your overall recommendations for your client here. Keep in mind that MyPyramid emphasizes the following as keys to a healthy lifestyle: activity, moderation, personalization, proportionality, variety, and gradual improvement.

SECTION 4: RESULTS

Review the reports that evaluate your choices for your client. Summarize your results here.

Client Log, *continued*

SECTION 5: ANALYSIS

Answer the following questions based on your food and fitness exploration with this client.

How well did your plan meet MyPyramid's recommendations for your client?

Did you create a plan that would be healthy for your client to follow long-term? Explain your answer.

If you created another plan for this client, what changes would you make?

What did you learn from your exploration with this client that you can apply to your own food and fitness plan?
