

<b>Body Composition</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>
<b>Goal</b>	Clearly demonstrates measurable & realistic goals <b>(1-3%)</b>	Adequately demonstrates measurable & realistic goals <b>(less than 1% or more than 3%)</b>	Attempt unrealistic body comp goal	Lacks body comp component
<b>Frequency</b>	Clearly demonstrates knowledge of meals per day <b>(3 meals plus 2 healthy snacks)</b>	Adequately demonstrates knowledge of # meals per day <b>(2 meals with 1-2 snacks or 5-6 meals per day)</b>	Incomplete demonstration of # meals per day <b>(1 meal per day)</b>	Lacks frequency component
<b>Intensity</b>	Clearly demonstrates knowledge of correlation between calories consumed and calories burned <b>(consumes 2000-3000 calories, burns more)</b>	Adequately demonstrates knowledge of calories in/calories out connection <b>(less than 2000 or more than 3000 calories burning more calories)</b>	Incomplete demonstration of calories in/calories out connection <b>(dangerously low # of calories consumed or burning too many calories v. Calories consumed)</b>	Lacks intensity component
<b>Time</b>				
<b>Type</b>	Clearly demonstrates a <b>correlation between nutrition, physical activity, hydration, and sleep as it relates to body comp.</b>	Missing 1 component listed in (3)	Missing 2 or 3 components listed in (3)	No mention of nutrition, hydration, sleep and physical activity.
<b>Progression</b>				