**Nutritional Case Study Client Profile**

Applying the principles of nutrition to a physical activity programme p1 of 2

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| Learner name: |  | Learner’s contact number: |  |
| Assessor’s name: |  |  |  |

Please note it is essential the above details are completed as the assessor may need to contact the learner should further clarification be required

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| 1. **Client Profile**
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| Gender: |  | Age: |  | Height: |  | Weight: |  |
| BMI | Health status |
| 1. **Description of lifestyle, to include: family, occupation, hobbies etc.**
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| 1. **Description of present exercise and physical activity levels (apply FITT where appropriate).**
 | **Description of past exercise and physical activity levels (apply FITT where appropriate)** |
|  |  |
| **4. Exercise and physical activity likes and dislikes:** |
| Likes: |  | Dislikes: |  |
| **5. BMR Calculation (please show whole calculation)** |
|  |
| **6. Approximate daily kcal requirement:(based on current activity levels, by calculating BMR and adding physical activity factor)** |
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| Any other comments: |

**Nutritional Case Study - Nutritional profile and analysis**

Applying the principles of nutrition to a physical activity programme p1 of 2
Based on the client’s 7 day food diary (this can be found at the end of this document) and other information gathered from the client, completed the nutritional profile and analysis. Please include a copy of the client’s 7 day food diary with this analysis.

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| **7. Clients nutritional likes and dislikes** |
| Likes: |  | Dislikes: |  |
| **8. Analysis of the client’s eating habits** |
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| **9. Analysis of the client’s current nutritional intake in relation to quantity (number of portions eaten daily and portion size) and nutritional quality of their diet compared to healthy eating guidelines. Provide a rationale for your analysis in terms of health status.** |
| **Quantity** | **Quality** |
|  |  |

# Nutritional Case Study - Goal setting

Applying the principles of nutrition to a physical activity programme.
Based on the information gathered from the client and the analysis of this information agree short, medium and long-term SMART (nutritional and exercise/activity) goals with the client.

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| **10. SMART goals** |
| **Short-term** |
|  |  |
| Agreed review points: |  |
| **Medium-term** |
|  |  |
| Agreed review points: |  |
| **Long-term** |
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| Agreed review points: |  |

I agree with the above goals and review points and understand the advice I have been given.

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| Client’s signature: |  | Date: |  |

# Nutritional Case Study - Nutritional and exercise/activity plan

Applying the principles of nutrition to a physical activity programme P1 of 2
Based on the information you have gathered from your client, your analysis and agreed goals, provide a nutritional and exercise/activity plan that will help your client to achieve their goals.

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| **11. Identify 2 sources of educational information that you will access and make use of with your client and describe how these will help your client achieve their goals** |
| Source of information  | How it will help the client achieve their goals |
| a) |  |  |
| b) |  |  |
| **12. Outline of nutritional changes required** | **Why these changes will help your client achieve their goals** |
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| **13. Proposed exercise and physical activity plan aligned to the agreed nutritional changes and goals (applying FITT where appropriate)** |
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**Nutritional Case Study - Short-term goal review**

Review the short-term goals and evaluate your client’s understanding of the nutritional advice and how it links to the exercise/physical activity plan. Evaluate their progress and suggest any changes that might be needed as a result of this review.

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| **14. Review of client’s understanding and feedback from the client about the plan** |
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| **15. Negotiated changes to the nutritional goals and/or exercise/physical activity plan** |
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I can confirm that I have worked with a client and that the information given in this case study is authentic.

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| Learner’s signature: |  | Date: |  |
| *\*an electronic signature is acceptable on this document* |
| Assessor’s signature: |  | Date: |  |
| *\*an electronic signature is acceptable on this document* |
| IAQ’s signature: |  | Date: |  |
| *\*an electronic signature is acceptable on this document* |

**Nutritional Case study - checklist (Assessors use)**

Key: ✓ = Pass, C = Pass with comment, Q = Question, R = Refer

The learner requires a ✓ or a C in every box in order to pass. Questioning can be used where written evidence is insufficient and should be indicated by a Q and then ✓ or R.­­­­­­­­­­­­­­­­

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|  | **The learner:** | **Outcome** |
| 1. | Collected information needed to provide the client with appropriate healthy eating advice.  |  |
| 2. | Recorded information about the client and their nutritional goals in an approved format. |  |
| 3. | Analysed the collected information including nutritional needs and preferences in relation to the client’s current status and nutritional goals. |  |
| 4. | Accessed and made use of credible sources of educational information and advice in establishing nutritional goals with the client.  |  |
| 5. | Designed and agreed nutritional goals that are compatible with the analysis, accepted good practice and national guidelines.  |  |
| 6. | Ensured that the nutritional goals support and integrate with other programme components. |  |
| 7. | Agreed review points with the client. |  |
| 8. | Reviewed the client’s understanding of how to follow the nutritional advice as part of their physical activity programme. |  |
| 9. | Monitored, evaluated and reviewed the client’s progress towards their nutritional goals.  |  |

**Assessor feedback sheet**

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| **Learner’s Name:** |  | **Assessor’s Name:**  |  |

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| **Question number** | **Assessor feedback** |
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| Final Result: |  | Pass |  | Fail  |
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| Learner’s signature: |  | Date: |  |
| *\*an electronic signature is acceptable on this document* |
| Assessor’s signature: |  | Date: |  |
| *\*an electronic signature is acceptable on this document* |
| IAQ’s signature: |  | Date: |  |
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| **FOOD DIARY – DAY 1**  |
| **Date & time**  | **Food** | **Amount** | **Outlines of Exercise and Activity** | **Recommendation** |
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| **FOOD DIARY – DAY 2**  |
| **Date & time**  | **Food** | **Amount** | **Outlines of Exercise and Activity** | **Recommendation** |
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| **FOOD DIARY – DAY 3**  |
| **Date & time**  | **Food** | **Amount** | **Outlines of Exercise and Activity** | **Recommendation** |
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| **FOOD DIARY – DAY 4**  |
| **Date & time**  | **Food** | **Amount** | **Outlines of Exercise and Activity** | **Recommendation** |
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| **FOOD DIARY – DAY 5**  |
| **Date & time**  | **Food** | **Amount** | **Outlines of Exercise and Activity** | **Recommendation** |
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| **FOOD DIARY – DAY 6**  |
| **Date & time**  | **Food** | **Amount** | **Outlines of Exercise and Activity** | **Recommendation** |
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| **FOOD DIARY – DAY 7**  |
| **Date & time**  | **Food** | **Amount** | **Outlines of Exercise and Activity** | **Recommendation** |
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