\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

NAME

Directions: Complete the table below during each presentation. A one to five scale is provided (five being the most favorable score) for the elements of the food plan challenge. You must write three questions to ask the group **AND** provide three comments.

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| GROUP: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |
| Day | Daily Calories | Total Calories  | Total weight in pounds | Total Volume in cubic inches  | Variety | Satiety | Nutritional Needs  | Question to ask the group: |
| 1 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
| 2 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
| 3 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
| 4 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
| 5 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
| Comments:  |  |  |  |  |  |  |  |

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| Day | Daily Calories | Total Calories  | Total weight in pounds | Total Volume in cubic inches  | Variety | Satiety | Nutritional Needs  | Question to ask the group: |
| 1 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
| 2 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
| 3 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
| 4 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
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| 1 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
| 2 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
| 3 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
| 4 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
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| Day | Daily Calories | Total Calories  | Total weight in pounds | Total Volume in cubic inches  | Variety | Satiety | Nutritional Needs  | Question to ask the group: |
| 1 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
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| 3 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
| 4 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
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| 3 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
| 4 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
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| Day | Daily Calories | Total Calories  | Total weight in pounds | Total Volume in cubic inches  | Variety | Satiety | Nutritional Needs  | Question to ask the group: |
| 1 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
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| 3 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
| 4 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
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| Day | Daily Calories | Total Calories  | Total weight in pounds | Total Volume in cubic inches  | Variety | Satiety | Nutritional Needs  | Question to ask the group: |
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| Day | Daily Calories | Total Calories  | Total weight in pounds | Total Volume in cubic inches  | Variety | Satiety | Nutritional Needs  | Question to ask the group: |
| 1 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
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| Day | Daily Calories | Total Calories  | Total weight in pounds | Total Volume in cubic inches  | Variety | Satiety | Nutritional Needs  | Question to ask the group: |
| 1 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
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| 3 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
| 4 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
| 5 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
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| GROUP: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |
| Day | Daily Calories | Total Calories  | Total weight in pounds | Total Volume in cubic inches  | Variety | Satiety | Nutritional Needs  | Question to ask the group: |
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| 5 |   |   |   |   | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |   |
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| Day | Daily Calories | Total Calories  | Total weight in pounds | Total Volume in cubic inches  | Variety | Satiety | Nutritional Needs  | Question to ask the group: |
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