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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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| 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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| 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 |  |
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| 3 |  |  |  |  | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |  |
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| 4 |  |  |  |  | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |  |
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