**Initial Evaluation Form**

**Key for Coaches**

Before you calculate each challenger’s macros, you need to determine if s/he has any health conditions or special considerations that may impact their nutrition plan.

The majority of challengers will **NOT** have any health conditions or special considerations, but for those who do, we’ve created the resources you need to help your challengers succeed while keeping them safe!

Use this document to determine what calculator and/or protocol to use based on the information challengers provide on their initial evaluation.

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| **KEY TO UNDERSTANDING INITIAL EVALUATION RESPONSES** |
| BLACK | Use Standard Calculator, NO protocols |
| PURPLE | Use Standard Calculator AND corresponding protocol |
| RED | Use one of the Special Considerations Calculators AND corresponding protocol |
| ~~STRIKETHROUGH~~ | Do NOT PROVIDE MACROS. It is not recommended that people with these conditions follow the nutrition part of the challenge. With their doctor’s approval, they can work out.  |

[ ]  I do not have any of the health conditions listed below. Use standard calculator, no protocols!

[ ]  Acid Reflux/GERD

[ ]  Bariatric surgery (if within the last 12 months, refer to physician—no macros)

[ ]  Breastfeeding

[ ]  Crohn's disease

[ ]  Diverticulosis

[ ]  Gall bladder removed

[ ]  Hashimoto's

[ ]  Hyperlipidemia (high cholesterol)

[ ]  Heart condition

[ ]  Hypertension (high blood pressure)

[ ]  Hyperthyroid

Are you taking medication for this condition?

[ ]  Yes – Standard Calculator

[ ]  No – All Other Conditions Calculator and protocol

[ ]  Hysterectomy: [ ]  Full [ ]  Partial

Are you taking hormone replacements?

[ ]  Yes – Standard Calculator

[ ]  No – All Other Conditions Calculator and protocol

[ ]  Hypoglycemia (low blood sugar) – Diabetes Calculator and protocol

[ ]  Hypothyroid

Are you taking medication for this condition?

[ ]  Yes – Standard Calculator

[ ]  No – All Other Conditions Calculator and protocol

[ ]  Inflammatory bowel disease (IBD)

[ ]  Polycystic ovary syndrome (PCOS) – All Other Conditions Calculator and protocol

[ ]  Peptic ulcer disease (PUD)

[ ]  Trying to become pregnant

[ ]  Type I diabetes

[ ]  Type II diabetes: Are you on insulin?

[ ]  Yes – Diabetes Calculator and protocol

[ ]  No – Diabetes Calculator and protocol

[ ]  Ulcerative colitis

[ ]  Vegan/Vegetarian – Vegan/Vegetarian Calculator and protocol

If a challenger indicates they have any of the following conditions on their initial evaluation, we do NOT recommend they follow the nutrition program. With their doctor’s approval, they can work out.

[ ]  ~~Diverticulitis~~

[ ]  ~~Kidney disease~~

[ ]  ~~Liver disease~~

[ ]  ~~Organ donation or transplant: Please describe~~

[ ]  ~~Pregnant~~

On average, how many sessions at Fit Body do you plan to attend each week during the challenge?

Do you (or will you) consistently exercise outside of Fit Body (e.g., running, weight lifting, boxing)? [ ]  Yes [ ]  No

*If yes, please describe the exercise (e.g., running, weight lifting, boxing)?*

*How many total hours each week do you exercise outside of Fit Body?*

If the total number of boot camp sessions + outside exercise is greater than 3 hours per week, refer to the Additional Workouts protocol.

Note to coaches: The body types listed below are only utilized when using the following macro calculators.

* Breastfeeding
* Diabetes
* Other Conditions
* Vegan/Vegetarian

**Select your body type**

[ ] Ectomorph (tall and thin)

[ ]  Endomorph (bigger frame; carries more fat on their body)

[ ]  Mesomorph (athletic and muscular)



Ideally, you fall into one category. If you didn’t work out, which picture do you most closely resemble?

Ectomorph – Thin individuals characterized by smaller bone structures and thinner limbs. This profile is linked to a fast-metabolic rate and a high carbohydrate tolerance. Ectomorphs eat a diet moderate in protein, high in carbs and low in fat.

Endomorph – Individuals characterized by a larger bone structure with higher amounts of body fat. These individuals do best with a diet that is high in protein and fat and lower in carbohydrates.

Mesomorph – Individuals characterized by a medium-sized bone structure and athletic bodies, holding a significant amount of lean mass. These individuals do best with a good balance of protein, carbs and fat.

The majority of people fall in the endomorphic category. There are not too many ectomorphs who have weight problems. If you need help figuring out your body type, please submit a picture with your initial evaluation.