



Name: _____

Personal Mailing Address:

Date: _____

Email: _____

Phone #: _____

APPLIED NUTRITION IN CLINICAL PRACTICE Certification Exam

- This certification exam is open book.
- Print clearly. Answers will receive no marks if non-legible. Spelling counts.
- 80% is a passing mark. If you do not pass, certification will not be granted and you will be required to rewrite the exam for certification (for an additional fee of \$40).
- The mark value is indicated for each question. Be sure to provide enough information to satisfy the requirements. Do not provide more information than is needed.
- You will receive notice of your exam results within 1 month of us receiving the completed exam and subsequently your certificate will be mailed to you.
- Please keep a copy of your exam until your certificate has been received.
- Please write the name you would like to show on your certificate.
- Please scan and email your completed exam to info@joshgitalis.com. Please ensure they are in a PDF form. If you have a smartphone, we recommend downloading the app Evernote Scannable. It's free and easy to scan your documents to a PDF using your cameras phone. You can also email directly from the app.

Total Mark

/ 48



1. List the 7 steps involved in putting together a customized nutritional protocol. (7)

2. Name 4 places you can find clients. (4)

3. What is the purpose of creating a client timeline? (1)

4. List 3 general resources you can use to research for client protocols. (3)



5. List 5 reasons why supplements are beneficial? (5)

6. Not all supplements are created equal. What are 4 factors to consider when choosing a supplement? (4)

7. What are 3 pros and 3 cons to selling supplements to clients? (6)

8. It takes _____ days to create a new habitual habit. (1)

9. What are the 4 stages of competence? (4)



10. What is a habit? (1)

11. What's the maximum amount of time you should wait to follow up with your client after delivering their initial protocol? (1)

12. **TRUE** or **FALSE**: Follow up appointments can help a health practitioner determine if their client is on the right course or if adjustments need to be made to their protocol. (1)

13. List 4 ways a diet diary can be a helpful tool for health practitioners. (4)

14. **TRUE** or **FALSE**: A diet diary is a great tool for increasing client awareness of what they are eating. (1)

15. What are the four areas where recommendations are made, when creating a client protocol? (4)

16. When working with a client to address their main concern, we always want to focus and determine the _____ of the issue. When addressing this, symptoms will improve because we are not using a "band-aid" solution. (1)