Evolved Trainer Training Program

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ectio	on 3: Online Web App Quiz
1)	When selecting a client's goals, what two goals can you choose from?
	 A) Fitness goal or Stretching goal B) Fitness goal or Sleep Habit goal C) Fitness goal or Daily Nutrition Goal D) Fitness goal or Stress Reliver Goal
2)	When selecting a fitness goal, you can choose between a custom goal and a
	A) Bodyweight goalB) Strength goalC) Flexibility goalD) Coordination Goal
3)	When adding a nutrition goal, you can choose the type of goal. TRUE / FALSE
4)	When adding a nutrition goal, you can choose to have your client follow the meal plan with no meal tracking, track the meals via myfitnesspal, or
	 A) Track meals via fitbit or track the meal via food journal B) Track meals via fitbit or full meals tracking in app C) Full meals tracking in app or track the meal via food journal D) Full meals tracking in app or track via noom app

5)	When creating a habit, you can customize your own habit, choose a nutrition portion guideline habit, nutrition habit, active living or movement habit, mindfulness habit, or a habit.
	A) Stretching B) Exercise
	C) Meditation D) Sleep
6)	Each habit will allow you to choose the,, and
	 A) start date of the habit, duration for the habit and highlights of the habit. B) start date of the habit, duration for the habit and a video explaining the habit C) start date of the habit, duration of the habit and which days of the week your client will try to follow the habit. D) duration of the habit, highlights of the habit, and a video explaining the habit.
7)	You can choose pre-created Evolved workouts that best fits your client's needs.
	TRUE / FALSE
8)	All Evolved workouts should be set to start on the following
	A) Monday B) Friday C) Saturday D) Sunday

- 9) When viewing the client's profile for the first time, you should see that the client in is the introductory program. All new clients should be added to the introductory program by management before their first training session. From this page, click the client's program. To change a client's profile from the introductory program to a new program, what do you do?
 - A) Click the blue add button in the top left. A drop-down menu will appear, and you can click the subscribe to master program. From here you can select the appropriate program for your client.
 - B) Click the add new orange button in the top right. A drop-down menu will appear, and you can click the subscribe to master program. From here you can select the appropriate program for your client.
 - C) Click the new blue button in the left center. A drop-down menu will appear, and you can click the subscribe to master program. From here you can select the appropriate program for your client.
 - **D)** Click the copy to white button in the center of the page. A drop-down menu will appear, and you can click the subscribe to master program. From here you can select the appropriate program for your client.
- 10) You could edit master workouts for your client.

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11) You can click the workouts to that superset.	to rearrange the superset itself or add new
A) Add custom exercise buttonB) Ungroup buttonC) Add rest buttonD) Add circuit button	

- A) You can search through all the exercise videos
- B) Use the search bar at the top

TRUE / FALSE

C) Use the exercise filters on the left side of the screen

12) When adding exercises to your workout, you can ___

- D) All the above
- 13) Shared workout programs can be edited by the trainer.

TRUE / FALSE

14) From the client's profile summary screen, scroll down on the left side of the screen. At
the bottom of the screen, you can see meal workflow → in app/meal photos. You can
adjust this by scrolling back to the top and clicking the edit button. You have the option to
choose

- A) In AppB) myfitnesspalC) fitbit
- D) All above
- 15) It is important that the trainer confirms all clients are set up on full in app meal tracking.

TRUE / FALSE

Answers:

- 1) **C**
- 2) A 3) TRUE
- 4) B 5) D

- 6) C 7) TRUE
- 8) A
- 9) A 10) TRUE
- 11) B
- 12) D
- 13) FALSE
- 14) D
- 15) **TRUE**