Evolved Trainer Training Program

Section 2: Using the Evolved App Quiz

- 1) How can you view a client's profile?
 - A) Click the client's tab on the bottom of your home screen to view all your current clients.
 - B) Search tab at the top of the current client screen.
 - C) Filter clients by trainer.
 - D) All the above.
- 2) When adding a new client, you will need to allow your client to have full access to the app so they can ______.
 - A) message you and you can message them.
 - B) choose a trainer.
 - C) Choose their meals.
 - **D)** All the above.
- 3) What does the calendar tab at the bottom center of the home screen show you?
 - A) All trainer's current training sessions.
 - B) All your current training sessions.
 - C) All messages and current training sessions.
 - **D)** All trainer's current training sessions and all messages.
- 4) When clicking the settings tab in the bottom right of the home screen, what will this allow you to do?
 - A) Personalize your profile or adjust your notifications.
 - B) Personalize your profile or sign out of the app.
 - C) Personalize your profile, adjust your notifications, or sign out of the app.
 - D) Adjust your notifications or sign out of the app.

- 5) What can you see on your client's summary page?
 - A) Total workouts, cardio sessions, the last time they signed in, and their previous messaging.
 - B) Total workouts, cardio sessions, and the last time they signed in.
 - **C)** Total workouts, cardio sessions, and their previous messaging.
 - D) Total workouts, the last time they signed in, and their previous messaging.
- 6) What will you input in the client's notes tab in the bottom center of the screen?
 - A) Body stats
 - B) Workouts
 - C) Daily nutrition goal
 - D) Information about your client's check-in's
- 7) Trainer should review client's consultation form before the client's first training session.

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8)	On the client's app pro	ofile, at the bottom	of the screen, o	click the client's c	alendar tab.
	Here you will find				

- A) the client's personal training schedule and their home workout schedule.
- B) the client's personal training schedule and any meals that they have added.
- C) the client's personal training schedule, their home workout schedule, and any meals that they have added.
- D) the client's home workout schedule and any meals that they have added.
- 9) When adding training sessions to your calendar, what details will you complete?
 - A) The type of training session, the location of the training session, the start time of the training session, and the duration of the training session
 - **B)** The type of training session, the location of the training session, the start time, and the date of the training session, the duration of the training session, if the session repeats, selecting the client(s), and optional notes.
 - C) The type of training session, the location of the training session, the start time, and the date of the training session, if the session repeats, and selecting the client(s).
 - **D)** The type of training session, the start time, and the date of the training session, the duration of the training sessions, and optional notes.

10) You can edit or move the day of your training session.

TRUE / FALSE

11) You cannot attach pictures and documents within messaging a client.

TRUE / FALSE

- 12) When inputting a client's body stats, what options do you have?
 - A) Body weight
 - B) Body fat
 - C) Body circumference measurements
 - D) All the above
- 13) All your groups are visible at the top home screen.

TRUE / FALSE

- 14) What should you avoid using when creating a group?
 - A) Dates and times
 - B) Numbers
 - C) Emojis
 - D) All the above
- 15) What can you adjust within the settings of your groups?
 - A) How notifications work and what auto posts are sent.
 - B) How notifications work, what auto posts are sent, and who can post.
 - C) How notifications work and who can post.
 - **D)** What auto posts are sent and who can post.
- 16) You cannot rename, leave a group, or delete a group.

17)	What are the 3	required	questions for	or your client(s) weekly	y check-in's?

- A) How has the diet been this past week? How has the workouts been this past week? How has your sleep been this past week?
- B) How has the diet been this past week? How has your sleep been this past week? Is there anything else we can assist with at this time?
- C) How has the diet been this past week? How has the workouts been this past week? Is there anything else we can help with?
- **D)** How has the diet been this past week? How has the workouts been this past week? How has stretching been this past week?

18) Performing and recording weekly	client check-in's helps
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- A) hold your client accountable.
- B) hold the Evolved Personal Training standard.
- C) helps the client reach their goal.
- **D)** A & B
- 19) When creating and recording a new weekly client check-in, you do not have to write the question, just simply their responses numbered 1, 2, and 3.

- 20) When setting goals for your client, you can choose between a ______goal or a ______goal.
 - A) Fitness; Sleep
 - B) Fitness; Daily Nutrition
 - C) Daily Nutrition; Sleep
 - D) Fitness; Stretching
- 21) When adding a daily nutrition goal, what type(s) of goals can you choose from?
 - A) Calories only
 - B) Calories and Protein
 - C) Calories and Full Macros
 - D) All the above

22) When	choosing ho	w the app w	ill track your	client's nutrition	goals, what a	re your
options	s?					

- A) Follow Meal Plan (No Meal Tracking)
- B) Track Meals via MyFitnessPal or Fitbit
- C) Full Meal Tracking in App
- D) All the above

23) When adding a habit goal to a client's profile, you can	
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- A) Create your own habit, choose a nutrition portion guidelines habit, choose a nutrition habit, choose an active living or movement habit, choose a mindfulness habit, or choose a sleep habit.
- **B)** Create your own habit, choose a nutrition habit, choose an active living habit, or choose a sleep habit.
- **C)** Create your own habit, choose a nutrition portion guidelines habit, choose a movement habit, or choose a mindfulness habit.
- **D)** Create your own habit, choose a nutrition habit, choose a mindfulness habit, or choose a sleep habit

241	Fach habit wil	Il allow you to choose	
24)	Each Habit Wil	i allow you to choose	

- A) the start date of the habit and the duration of the habit.
- B) the start date of the habit and which days of the week your client will try to follow the habit.
- C) the start date of the habit, the duration of the habit, and which days of the week your client will try to follow the habit.
- **D)** the duration of the habit and which days of the week your client will try to follow the habit.
- 25) All pre-made habits have a video for the client to following along. These videos explain the habit and what is expected of the client.

- 26) If creating a smart meal plan, what can you choose from?
 - A) Calories per day; meals per day; the macro split; the dietary preferences; and any foods to exclude.
 - **B)** Calories per day; meals per day; the macro split; the dietary preferences; any foods to exclude; and the number of sample days included within the meal plan.
 - C) Calories per day; meals per day; the macro split; foods to exclude; and the number of sample days included within the meal plan.
 - **D)** Calories per day; meals per day; the macro split; and the number of sample days included within the meal plan.
- 27) The Evolved app will automatically create daily nutrition goals for your client based on your custom meal plan. These nutrition goals will be based on the macro breakdown and total daily allotted calories.

TRUE / FALSE

- 28) If you click on a particular meal within the meal plan, you can see ______
 - A) the macro breakdown.
 - B) the ingredients.
 - C) how to prepare the meal.
 - D) all the above.
- 29) If you delete a client's profile, it is not permanent.

TRUE / FALSE

30) Always notify management if a client's payments are to be stopped.

Answers:

- 1) **D**
- 2) A
- 3) **B**
- 4) C
- 5) A
- 6) D
- 7) TRUE
- 8) **C**
- 9) **B**
- 10) **TRUE**
- 11) FALSE
- 12) D
- 13) **TRUE**
- 14) A
- 15) **B**
- 16) FALSE
- 17) C
- 18) D
- 19) **TRUE**
- 20) B
- 21) D
- 22) D
- 23) A
- 24) C
- 25) **TRUE**
- 26) B
- 27) **TRUE**
- 28) D
- 29) **FALSE**
- 30) **TRUE**