

# DietMaster Pro Weight Management Certification Exam

## Part II – Client Case Study Assignment

### Instructions

To complete your certification exam you will need to develop a case study with a client. This portion of your exam will account for 80 points, or 50% of your total grade points of 160 (unless you are performing a case study for your certification renewal). The case study requires that you provide weight management services for an individual client following the DietMaster Pro Consulting process for a period of no less than 30 days. If you have questions please reference Page 96 of the DietMaster Pro Weight Management Certification Program Manual.

The following outline describes what is required in each consulting session with the client. At the end of each session description there is a document checklist. **These documents must be turned in to receive credit for the case study portion of your exam. If they are not received there will be points deducted from you grade total and could potentially impact your pass/fail status.**

### **Day One**

1. Enter client in DietMaster Pro - Client completes Questionnaire, enter client profile into DietWizard including goal weight.
2. Assessment – record a typical one-day of eating for the client and generate two (2) reports and review with client:
  - Dietary Analysis
  - Daily Nutrient Analysis
3. Body Composition – perform a body composition test and record outcome in the Body Composition screen of the DietMaster Program.
4. Body Measurement – take body measurements as outlined in the DietMaster Pro’s Body Measurements screen.
5. Meal Planning – provide 7 days worth of meal planning and grocery list using the appropriate Ph.D. Meal Plan Template that matches the recommended calories. Make the necessary substitutions for food dislikes using the Exchange feature on the Meal Screen. Print the following reports and review with the client:
  - Meal Planner
  - Grocery List
  - User Profile
6. Consulting session notes – create journal entries for each time you meet with the client in the Notes tab located in the User Profile Screen of DietMaster Pro. Record notes with the following format. See the following example:

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01/22/2002 – met with Jane. She is having difficulties with her work schedule.....

7. Assignment for client – request that your client record in detail no less than two (2) days of eating. Make certain they record all fluids including water.
8. Set follow up appointment – set a 7th day follow up appointment. This session will obviously not be looking for results. Its purpose is to discuss minor adjustments to the newly designed eating program and any behavioral challenges they are facing within their lifestyle. It will also be used to review the clients 2 –day eating diary.

**Day One** Completed Documents Check List. A checkbox will appear next to each task that **requires you to return the printed report or document with your completed case study.**

- Client Questionnaire
  - Dietary Analysis (one day)
  - Daily Nutrient Analysis (one day)
  - Meal Planner
  - Grocery List
  - User Profile
- 

### **Day Seven**

1. Edit Client Profile in DietMaster Pro – within the DietWizard make any changes to weight, exercise activity, etc.
2. Assessment – record the clients 2-day eating diary and generate two (2) reports and review with client.
  - Dietary Analysis
  - Daily Nutrient Analysis
3. Assignment for client – request that your client record in detail no less than two (2) days of eating before the 14<sup>th</sup> day meeting. Make certain they record all fluids including water.
4. Set follow up appointment – set a 14th day follow up appointment. This session will be to track progress and make minor adjustments to the eating program. It will also be used to review the clients 2 –day eating diary.
5. Consulting session notes – make journal entries commenting on important notes from your 7<sup>th</sup> day consulting session.

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**Day Seven** Completed Documents Check List. A checkbox will appear next to each task that **requires you to return the printed report or document with your completed case study.**

- Dietary Analysis (two days)
  - Daily Nutrient Analysis (two days)
- 

### **Day Fourteen**

1. Edit Client Profile in DietMaster Pro – within the DietWizard make any changes to weight, exercise activity, etc. Click the Finish button and identify if there is a change in recommended calories that would move them to a lower caloric range meal plan template than the one provided to them from the day-one consultation.
2. Assessment – record the clients 2-day eating diary and generate two (2) reports and review with client.
  - Dietary Analysis (one for each day)
  - Daily Nutrient Analysis (one of reach day)
3. Body Composition – perform a body composition test and record outcome in the Body Composition screen of the DietMaster Program. Print the reports listed below. Make certain the Date Range includes the two (2) body composition test dates that have been performed with the client.
  - Body Composition
4. Body Measurement – take body measurements as outlined in the DietMaster Pro’s Body Measurements screen. Print the reports listed below. Make certain the Date Range includes the two (2) measurements test dates that have been performed with the client.
  - Body Measurements
5. Goals and Tracking – identify Start Date as the first date a body composition test was performed. Save you work by clicking on the save icon on the tool bar.
6. Assignment for client – request that your client record in detail no less than two (4) days of eating before the 30<sup>th</sup> day meeting. Make certain they record all fluids including water.

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7. Set follow up appointment – set a 30th day follow up appointment. This session will be to track progress and make minor adjustments to the eating program. It will also be used to review the clients 4 –day eating diary.
8. Consulting session notes – make journal entries commenting on important notes from your 14<sup>th</sup> day consulting session.

**Day Fourteen** Completed Documents Check List. A checkbox will appear next to each task that **requires you to return the printed report or document with your completed case study.**

- Dietary Analysis (two days)
  - Daily Nutrient Analysis (two days)
  - Body Composition
  - Body Measurements
- 

### **Day Thirty**

1. Edit Client Profile in DietMaster Pro – within the DietWizard make any changes to weight, exercise activity, etc. Click the Finish button and identify if there is a change in recommended calories that would move them to a lower caloric range meal plan template than the one provided to them from the day-one consultation. If a new meal plan template is used print the following reports:
  - Meal Planner
  - Grocery List
2. Assessment – record the clients 4-days eating diary and generate reports and review with client.
  - Dietary Analysis (one for each day)
  - Daily Nutrient Analysis (one of reach day)
3. Body Composition – perform a body composition test and record outcome in the Body Composition screen of the DietMaster Program. Print the reports listed below. Make certain the Date Range includes the two (3) body composition test dates that have been performed with the client.
  - Body Composition
4. Body Measurement – take body measurements as outlined in the DietMaster Pro’s Body Measurements screen. Print the reports listed below. Make certain the Date Range includes the two (3) measurements test dates that have been performed with the client.
  - Body Measurements

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5. Goals and Tracking – identify Start Date as the first date a body composition test was performed. Click on the Fat Mass and Lean Mass check-boxes to display the graphical lines for their data. Save your work by clicking on the save icon on the tool bar. Click the Print button in the lower right corner of the screen to generate the following report:
  - Goals and Tracking
6. Consulting session notes – make journal entries commenting on important notes from your 30<sup>th</sup> day consulting session. Print the following report:
  - User Notes

**Day Thirty** Completed Documents Check List. A checkbox will appear next to each task that **requires you to return the printed report or document with your completed case study.**

- Meal Planner (updated)
- Grocery List (updates)
- Dietary Analysis (four days)
- Daily Nutrient Analysis (four days)
- Body Composition (reflecting 3 test dates)
- Body Measurements (reflecting 3 test dates)
- Goals & Tracking (reflecting 3 test dates)
- User Notes

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## Case Study Submission Checklist

Name \_\_\_\_\_

The following must be included with you case study. **Please include this sheet with your reports/documents and verify with a “x” that you have included it with your submission.**

### **Day One** – required reports/documents

- Client Questionnaire
- Dietary Analysis (one day)
- Daily Nutrient Analysis (one day)
- Meal Planner
- Grocery List
- User Profile

### **Day Seven** – required reports/documents

- Dietary Analysis (two days)
- Daily Nutrient Analysis (two days)

### **Day Fourteen** – required reports/documents

- Dietary Analysis (two days)
- Daily Nutrient Analysis (two days)
- Body Composition
- Body Measurements

### **Day Thirty** – required reports/documents

- Meal Planner (updated)
- Grocery List (updates)
- Dietary Analysis (four days)
- Daily Nutrient Analysis (four days)
- Body Composition (reflecting 3 test dates)
- Body Measurements (reflecting 3 test dates)
- Goals & Tracking (reflecting 3 test dates)
- User Notes

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