

MyFitnessPal Rubric

Score:	1	2	3	4
Nutrition	-Student is consuming little to no food throughout the day: well below their goal calorie count. -Well above their goal calorie count -Sugar and sodium is higher than DV. -Students does not meet rarely meets their daily goals in carbs, fats, and proteins	-student is slightly above their goal calorie count -sugar and sodium intake is higher than DV -student is close to meeting their daily goals in carbs, fats, and proteins	-student is slightly above their goal calorie count -sugar and sodium intake is slightly higher than or equivalent to the DV -student is close to meeting their daily goals in carbs, fats, and proteins	-Student is achieving their calorie goal -They are eating healthy foods that are high in the good nutrients -sodium and sugar intake are minimum -student is always meets their daily goals in carbs, fats, and proteins
Physical Fitness	Little to no exercise	Exercised twice during the week for 30+ minutes	Exercised 3-4 time during the week for 30+ minutes	Exercised 5 or more times during the week for 30+ minutes