Energy Diary

* Activity Diary for 7 days (1)
* All days add up to 24 (1)
* Total energy expenditure (2)
* Calculation for energy expenditure explained with height weight etc. (1)

Food Diary

* Food Diary for 7 days (1)
* Some variation to the foods – not just the same basic thing each time (1)
* Total food energy (2)
* Calculations / sources for food energy explained (1)

Specific questions

* Calculate the kilojoules needed on average per day (1)
* Answer do the kJ balance (1)
* Answer what changes to make (1)
* Answer what would the changes do (1)

Report and conclusion

* Overall report (2)
* Relevant conclusion (2)

Total 18