WHAT DOES PLANNING LOOK LIKE? HOW CAN YOU SHOW YOUR PROGESSION?

WHAT DOES RECORDING YOUR RESULTS LOOK LIKE? WHAT LANGUAGE CAN YOU USE?

WHAT DOES A FOOD ANALYSIS LOOK LIKE? WHAT WORDS CAN YOU USE?

WHAT DOES A FOOD EVALUATION LOOK LIKE? WHAT CHART CAN YOU USE?

WHAT DOES A FLOW CHART LOOK LIKE? WHAT INFORMATION DOES IT SHOW?