



BRIAN DANLEY FITNESS

LEVEL 1: PEOPLE WHO ARE COMPLETELY NEW TO EATING WELL

- Body Composition: >18% BF for men
> 25% BF for women
- Kitchen Questionnaire: > 32 total points

LEVEL 2: PEOPLE WHO DEMONSTRATE SOME UNDERSTANDING OF GOOD NUTRITION YET NEED GUIDANCE, PLANNING AND DIRECTION

- Body Composition: 12-18% BF for men
20-25% BF for women
- Kitchen Questionnaire: -31 to 31 total points

LEVEL 3: PEOPLE WHO EAT THE RIGHT FOODS IN THE RIGHT AMOUNTS AT THE RIGHT TIMES

- Body Composition: < 12% BF for men
< 20% BF for women
- Kitchen Questionnaire: < -32 total points