



PT EVIDENCE | HOW TO DEMONSTRATE YOUR EXPERIENCE

To enrol, you will need to upload a copy of your Personal Training Certificate *and* an '[evidence portfolio](#)' that demonstrates your experience of working as a PT for a minimum of three months (not merely that you are three months post-PT certification completion).

You can demonstrate your experience in a number of different ways. Examples of pieces of evidence that you could add to your portfolio can be found below. Please note, this list is not exhaustive:

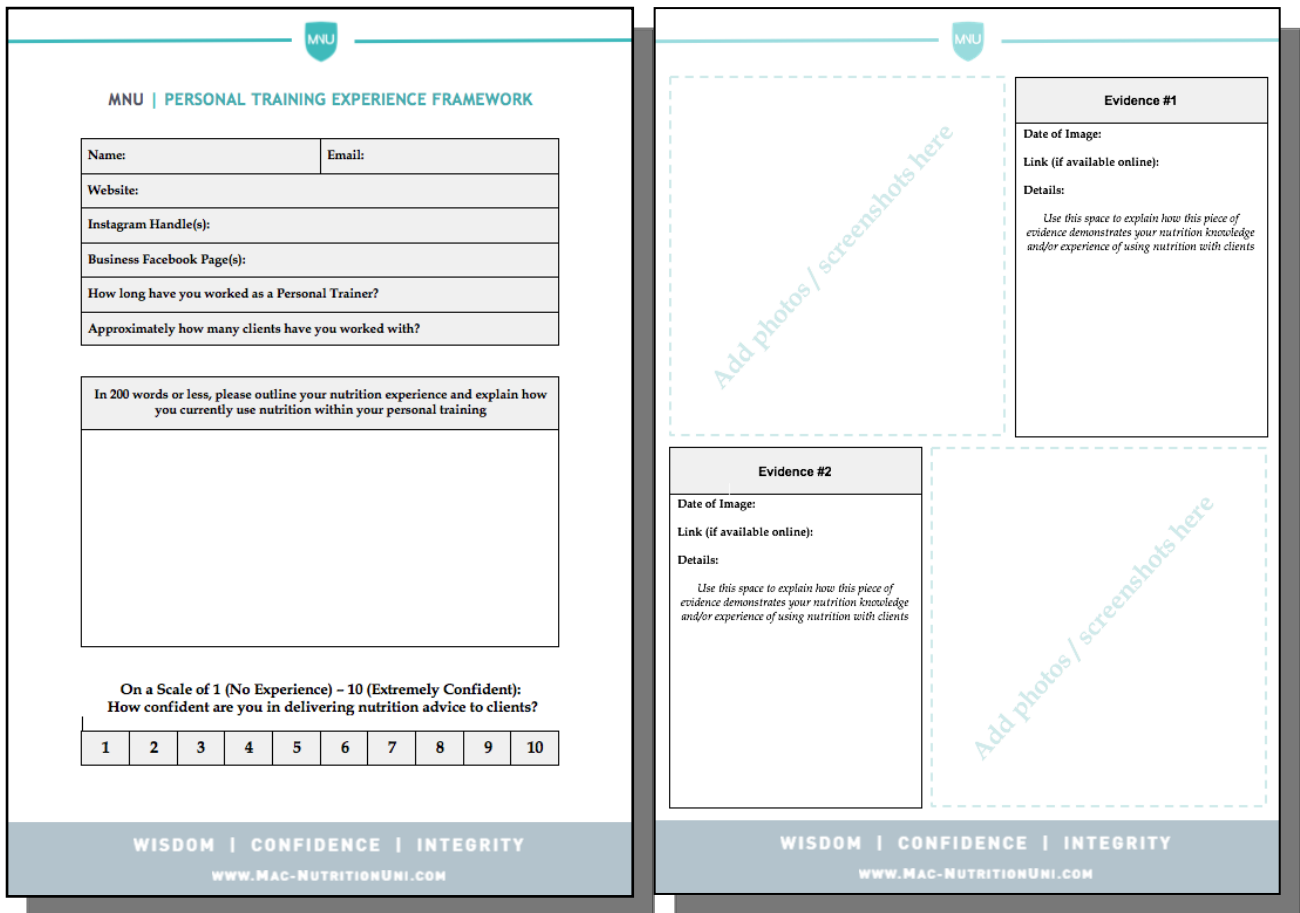
- Client Feedback Notes (detailing nutrition recommendations)
- Nutrition Social Media Posts
- Client Testimonials
- Client Emails / Messages
- YouTube Nutrition Videos
- Nutrition Articles / Blog Posts
- Professional Portfolio / CV

You must include a **minimum of 5** and a maximum of 10 pieces of evidence spanning a timeframe of **at least 3 months**. The key information we need is the ability to verify the dates used within your portfolio so please include dates within your screenshots or link to the original post/article where possible.

Please ensure you have received permission from any clients before sharing their information with us and make sure to blur out any names, faces and other personal information where possible.

Once you have collated your evidence, you must add it to the **Personal Training Experience Portfolio** available to [Download Here](#).

Below is an example of what the portfolio framework looks like:



MNU | PERSONAL TRAINING EXPERIENCE FRAMEWORK

Name:	Email:
Website:	
Instagram Handle(s):	
Business Facebook Page(s):	
How long have you worked as a Personal Trainer?	
Approximately how many clients have you worked with?	

In 200 words or less, please outline your nutrition experience and explain how you currently use nutrition within your personal training

On a Scale of 1 (No Experience) – 10 (Extremely Confident):
How confident are you in delivering nutrition advice to clients?

1	2	3	4	5	6	7	8	9	10
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WISDOM | CONFIDENCE | INTEGRITY
WWW.MAC-NUTRITIONUNI.COM

Evidence #1

Date of Image:
Link (if available online):
Details:
Use this space to explain how this piece of evidence demonstrates your nutrition knowledge and/or experience of using nutrition with clients

Add photos / screenshots here

Evidence #2

Date of Image:
Link (if available online):
Details:
Use this space to explain how this piece of evidence demonstrates your nutrition knowledge and/or experience of using nutrition with clients

Add photos / screenshots here

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To maintain the formatting of this document:

When you add images: Click the image you have added, go to 'Picture Format' > Wrap Text > Tick 'In Front of Text' > Resize the images to your desired size.

To reduce the file size of your submission (if necessary):

Windows: Click File > Save As > More Options. Click Tools > Compress Pictures > Tick 'Delete Cropped Areas of Pictures' & for Resolution: Select Web (150ppi) > Click OK.

Mac: Click File > Reduce File Size > Change picture quality to 'On Screen 150ppi) and make sure 'Delete Cropped Areas of Pictures' is selected. Apply to all images in the document.

PT EVIDENCE | EXAMPLE PORTFOLIO

SOCIAL MEDIA POSTS



Evidence #1 Example

Date of Image: 12th September 2016

Link (if available online):

<https://www.instagram.com/p/BKQ3fhZAWq>

Details:

This space would then be used to explain how this piece of evidence demonstrates your nutrition knowledge and/or experience of using nutrition with clients

Evidence #2 Example

Date of Image: 20th May 2019

Link (if available online):

N/A

Details:

This space would then be used to explain how this piece of evidence demonstrates your nutrition knowledge and/or experience of using nutrition with clients

CLIENT FEEDBACK NOTES

20th May 2019



Feedback Notes & Nutritional Recommendations

PERSONAL DETAILS

Age: 35	Preferred Contact: [REDACTED]
Height: 155cm	Weight: 54kg
Primary Goals & Objectives: Body Recomposition (Fat Loss & Muscle Gain)	

ACTION POINTS & PRIMARY RECOMMENDATIONS

TRACK CALORIES & MACRONUTRIENTS

To ensure you are fuelling training and recovering well while still eating in Calorie deficit, use an app such as 'MyFitnessPal' to track energy (Calories) and macronutrients periodically. You should be aiming to hit the following recommendations for a **non-training day**:

Kcals	Protein	Carbs	Fat
1350	108g	111g	53g
%	32	33	35

Note that as a petite female wanting to lose body fat, these Calorie recommendations are likely less than you are used to consuming. This makes eating sufficient protein and lots of salad/vegetables even more important to help keep you feeling full. On days where you train, to maximise your training quality and recovery, aim for the following higher intakes:

TESTIMONIALS

Colin John – Blood Pressure Client

"I have dropped 9kg, improved my 5k time and feel much healthier overall. Most importantly, my doctor has formulated a plan to take me off my hypertension medication!"



"At the beginning of the year (2015) I made a New Year's resolution to get fitter, run faster and eat better with the aim of losing a few kg from a 96kg frame. I consistently worked out at the gym 3 times a week but had no success in reducing my weight or body fat as of May 2015. I was introduced to Mac-Nutrition by a co-worker who had very good success with their programs and began my one and one sessions with my nutritionist, Sarah in May. She helped

Visibility: Public [Edit](#)

Published on: Nov 19, 2015 @ 11:35
[Edit](#)

Evidence #3

Date of Image: 19th November 2015

Link (if available online):

<http://www.mac-nutrition.com/testimonials/optimal-health/colin-john/>

Details:

This space would then be used to explain how this piece of evidence demonstrates your nutrition knowledge and/or experience of using nutrition with clients

REMEMBER!

The key information we are looking for is to verify you have been working with clients for three+ months!

Evidence #4

Date of Image: 17th April 2012

Link (if available online):

<https://www.youtube.com/watch?v=omrVoLsUE58>

Details:

This space would then be used to explain how this piece of evidence demonstrates your nutrition knowledge and/or experience of using nutrition with clients

YOUTUBE NUTRITION VIDEOS



WEBSITE / BLOG POSTS

Mac-Nutrition
THE UK'S LEADING CONSULTANCY FOR NUTRITION ADVICE

STUDY MAC-NUTRITION UNI RESOURCES CAREERS

ABOUT US OUR SERVICES TESTIMONIALS ARTICLES OUR EVENTS RECIPES CONTACT US

Optimal Health
Weight Loss
Sports Nutrition
Exercise

10 Rules to Weight Loss and Weight Loss Maintenance

SEARCH
Search Mac-Nutrition

CHECK OUT OUR SERVICES

- Optimal Health
- Weight Loss

Our goal is to reach out and educate as many people about the science of nutrition as we possibly can. In this article we provide some guidance (or rules) to weight loss and weight loss maintenance that come from the **REAL** science, not the junk that you see on TV, read in the magazines or have forced upon you by 'healthy eating' bodies. So let us start with

Suzhadd · 9 years ago
Thanks Martin, this is a really interesting and useful post!
2 ^ | v · Reply · Share ·

Helen Oscroft · 9 years ago
This is the best article I've ever read about nutrition. It's simple and clear and I always send people the link to it if they're trying to lose weight.
1 ^ | v · Reply · Share ·

Evidence #5

Date of Image: 2011

Link (if available online):

<http://www.mac-nutrition.com/articles/weight-loss/10-rules-to-weight-loss-and-weight-loss-maintenance/>

Details:

This space would then be used to explain how this piece of evidence demonstrates your nutrition knowledge and/or experience of using nutrition with clients

Evidence #6

Date of Image: 2015

Link (if available online):

<http://www.mac-nutrition.com/testimonials/weight-loss/paul-walker/>

Details:

This space would then be used to explain how this piece of evidence demonstrates your nutrition knowledge and/or experience of using nutrition with clients

TESTIMONIALS

Paul Walker – Fat Loss Client

"16 weeks in, I have lost 2.5 stone and I am at my lightest I have been for 15 years. The amount of people that have asked me how I have done it is crazy!"



"After 10+ years of using personal trainers and spending thousands, I decided that I needed to make a change as nothing seemed to be working permanently. It would sometimes work, a little bit for a small amount of time but I wasn't happy with the results I was getting. I still had that stubborn belly fat and thought I was getting to the age that I would never be able to shift it. I don't think I looked horrific and when I told people that I wanted to lose a stone they would

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Published on: **Jun 2, 2016 @ 16:16** [Edit](#)