

**Macros 101**  
**Questionnaire for New Participants**

1. Beans overlap as what 2 macros?
2. True/False: Macro counting puts an emphasis on foods to avoid.
3. List 1 role of fat.
4. What is the daily recommended percentage range for protein?
5. Once you calculate your average daily calorie intake, how many calories should you subtract for weight loss?
6. 1 standard size palm is the equivalent to how many ounces of meat, fish, or poultry?
7. How much of your plate should be covered by protein, if using the Plate Method?
8. If you find you are losing muscle, but gaining fat, what should you consider doing with your calories?

## Macros 101

### Questionnaire for Participants who have done multiple contests since Summer 2022

1. What are macros?
  - a.
  
2. What are the roles of macros?
  - a. Carbs:
  
  - b. Fat:
  
  - c. Proteins:
  
3. Have you used this video to try to calculate your calorie intake?

Circle Yes or no

Why or why not?

4. What topics for nutrition are you interested in learning more about?
  - a.
  - b.
  - c.