

Good Measures



Address: 13 Rye Street Portsmouth NH

Website: <https://www.goodmeasures.com/>

Site overview: Good Measures is a telephonic nutrition counseling service where clients can talk to their dietitian through phone appointments and other online communication channels. The company has also created an app for their clients to use where they can track their diet and exercise and get a Good Measures Index score which shows them how well they are lining up with their goals on a daily basis. The dietitian assigned to each client can see all of their tracking and can discuss the goals and successes of the client during their 15 minute weekly/bi-weekly phone call. The app is very interactive and intuitive as it makes healthy meal and snack suggestions for clients based on foods they consume regularly. Good Measures is a very up and coming new service that is a popular option of nutritional counseling for many.

What does a NUTR 600 Field Experience student do at this site?

- Work closely with their website and app to create new templates for clients to log food
- Create educational handouts for clients
- Add recipes to the meal library for categories such as paleo, low-carb, 5 ingredients or less
- Collaborate with other interns
- Compile “tips” sheets for clients (i.e. “Diabetes Tips” for clients with diabetes)
- Listen in on recorded client-provider appointment calls

Tips from a previous NUTR 600 Field Experience Student:

- Dress professionally/business attire
- Play with the app outside of your allotted time to get familiar with the features

- Develop good time management skills because you will be spending the majority of your time working on projects alone/on your own time
- Pay attention to all the intricacies of the assignments, this is a real for profit company and they have a lot of strict guidelines they need to follow
- Take constructive criticism well
- Be very organized
- Will need to provide your own transportation to Portsmouth, NH