

Nutritional Programme Questionnaire

Name:

Occupation:

DOB:

Health Conditions (i.e. lactose intolerant/allergies):

Purpose of programme (i.e. loose/gain/maintain weight):

Daily activity level-

Weight-

Measurements cm (if requested)-

- Sedentary
- Low
- Average
- Walk a lot
- Active throughout day
- Athlete

Current:
Target:

Chest:
Waist:
Hip:
Arm:
Upper thigh:

Sport/ exercise routine (include type/intensity/duration):

Eating habits good & bad:

Foods/drinks you like & dislike:

Energy levels throughout the day & happy scale (use either a smile/frown/sad face to describe your mood):

(am)0-1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23(pm)

The second part is for you to write down a typical weeks food diary.

This should include:

- # Time you wake up
- # Time you go to bed/sleep
- # Everything that you eat including sauces, dips, added salt
- # Everything you drink
- # What times you ate and drank
- # How you felt before/after every meal (happy scale)
- # Portion size (food & drink)
- # When your active (exercise)
- # General mood highs/lows

*OPTIONAL: If you have irregular frequency of bowel movements (i.e. constipation) and you would like to address this please jot down the number and time of movements. Please note it is recommended you seek advice from your GP, about any length of condition, irregular consistences or blood found in movements.

Example diary:

Monday:

Woke up at 7am, ate at 7:30am- cup of tea with SS milk & oat meal

Work by 8:30am- cup of tea with SS milk

9am hungry again

10am- 500ml water, apple, chocolate cereal bar

12 Lunch- 500 ml water, sandwich WM bread, ham, mayo, tomato, cucumber, crisps, blueberry muffin

1:30pm- Coffee & 5 chocolate biscuits (energy level up)

4pm- 250ml orange juice (starting to feel hungry)

5pm-6pm at the gym cardio on treadmill and rower

6:10pm- Protein shake (tired but alert)

7pm Dinner- Chicken Fajitas with peppers, onion, and 2 wraps with mayo, glass of wine and lemon cheese cake for dessert (energy level up)

9pm-10pm snacked- Crisps, apple, grapes, nuts, dark chocolate and a cup of tea

10:30pm bed sleep by 11pm.

Key: SS-semi skimmed/ WM-whole meal