

NUTRITION STATUS

Trainer

PART I. Personal Information

Name

Date

Email

Primary Phone #

PART II. Nutrition Knowledge

Do you know how to differentiate between Carbohydrates, Fats, and Proteins? YES / NO

Do you know what a Calorie represents? YES / NO

If YES please explain _____

Have you ever partaken in a diet before (i.e. Atkins, zone, etc.)? YES / NO

If YES what were the results _____

How long did the diet/results last? _____

PART III. Nutrition Habits

How long after you wake up before you eat your first food on average?

Less than 1 hour 1 an hour or more 1-2 hours 3 or more hours

How many times do you eat per day on average?

1 2 3 4 5 6 or more

I eat in response to stress.

Disagree 1 2 3 4 5 6 7 8 9 10 *Agree*

PART IV. Fluid Choices

How many cups of water do you drink per day on average (1 cup = 1 glass)?

0 1 2 3 4 5 6 7 8 9 or more

How many servings of fruit juice/drink (i.e. Snapple, orange juice) do you drink per day on average?

0 1 2 3 4 5 6 or more

How many servings of regular soda do you drink per day on average (1 serving = 1 12oz. can)?

0 1 2 3 4 5 6 or more

How many cups of coffee do you drink per day?

0 1 2 3 4 5 6 or more

PART V. Food Choices

How many servings (1 cup or size of fist) of vegetables do you eat per day on average?

0 1 2 3 4 5 6 7 8 9 or more

How many servings (1 cup or size of fist) of protein (meat) do you eat per day on average?

0 1 2 3 4 5 6 or more

How many servings (1 cup or size of fist) of carbohydrates (i.e. Potatoes, bread, pasta, cereals) do you eat per day on average?

0 1 2 3 4 5 6 7 8 9 or more

How many times per week on average do you eat dessert foods?

0 1 2 3 4 5 6 7 8 9 or more

How many times per week on average do you eat candy?

0 1 2 3 4 5 6 7 8 9 or more

PART VI. Psychological

I am an impatient, time conscious, hard driving individual.

Less 1 2 3 4 5 6 7 8 9 10 *More*

I would rate my current diet.

Horrible 1 2 3 4 5 6 7 8 9 10 *Great*

I am serious about achieving my goals.

Not very 1 2 3 4 5 6 7 8 9 10 *extremely*