# Nutritional Survey

***Our goal is to provide you with an in-depth look at your health and wellness. This dietary analysis is one metric to give you feedback or a check-in. Please complete to the best of your ability!***

|  |  |
| --- | --- |
| Name: | Date of birth: |
| Height: | Weight: | Goal Weight: |
| Health Concerns/Comments: |
| Tell us about your diet:  |
| What do you want to get out of the nutritional analysis?  |
| Any food allergies or intolerances? |

## Please indicate your opinion of your diet.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Extremely satisfied |  |  |  |  |  | Extremely dissatisfied |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

## Please complete the following nutritional survey regarding your eating habits.

|  |  |
| --- | --- |
| 71. How many times do you usually eat per day?  |  |
| 72. What time of day do you eat your largest meal?  |  |
| 73. How many times per week do you eat out?  |  |

## 74. How many times per week do you usually eat the following:

|  |  |  |  |
| --- | --- | --- | --- |
| 74a. \_\_\_\_ Ground beef | 74b. \_\_\_\_Sausage | 74c.\_\_\_\_ Bacon | 74d. \_\_\_\_ Beef |
| 74e .\_\_\_\_ Pork | 74f.\_\_\_\_ Cheese | 74g. \_\_\_\_ Shellfish (shrimp, oysters, scallops, clams, etc.) | 74h. \_\_\_\_ Fish |
| 74i. \_\_\_\_ Poultry | 74j. \_\_\_\_ Fried Foods | 74k. \_\_\_\_ Breads | 74l. \_\_\_\_ Cereals  |
| 74m.\_\_\_\_Vegetables | 74n. \_\_\_\_ Fruits  | 74o. \_\_\_\_Eggs\_\_\_\_Egg yolks | 74p.\_\_\_\_ Desserts |
| 74q .\_\_\_\_ Ice Cream | 74r. \_\_\_\_ Other (describe) |
| 75. How many servings of the following beverages do you usually consume per week?**One serving is 8 oz. unless otherwise noted.** |
| 75a. \_\_\_\_ Whole milk75b. \_\_\_\_ Low-fat milk (1 or 2%)75c. \_\_\_\_ Skim milk (non-fat)75d. \_\_\_\_ Buttermilk75e. \_\_\_\_ Beer (1 serving = 12 oz.)75f. \_\_\_\_ Wine (1 serving = 5 oz.)75g. \_\_\_\_ Coffee  | 75h. \_\_\_\_ Tea75i. \_\_\_\_ Soft drinks75j. \_\_\_\_ Other75k. \_\_\_\_ Liquor (1 serving = 1 oz.)75l. \_\_\_\_ Water |