

## About You

☐ Mr ☐ Mrs ☐ Miss ☐ Ms

Today's Date:

DOB:

First Name:

Phone number:

Address:

Email:

## Goals

I would like to: ☐ Lose Weight ☐ Maintain Weight ☐ Gain Weight and Mass

I would like to do this in:  Weeks

Weight Goal mini goal  kg (2.2lbs per kg)  Kg's for long term goal

Current weight Kg's  Body fat % if known

**What are your main reasons for wanting to achieve your goals?**

## Dietary Profile

**How much time do you have to prepare meals?**

Breakfast

Lunch

Dinner

M'tea

A'tea

Late Meal

**Are there any types of cuisines (Japanese, Asian, Indian etc ) or foods that you don't like?**

**On a daily basis, how many cups/glasses (based on 250mls) would you have of the following?**

Daily Beverages:  Iced Tea  Coffee/tea  Soft Drink  
 Diet Soft Drink  Juice  Water

**On a daily basis, how much of the following (in total) would you use on average, if any, in your tea or coffee? (mls or tsp)**

Mls:  Full Cream Milk  Semi Skim Milk  Skim Milk  
Tsp:  Sugar (all types)  Sugar Substitutes

**Please list all the exercise you do per week. Type, number of minutes per day and estimated intensity out of 100%**

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:



What foods do you normally like to eat for the following meal times? Please record fluids and the times you eat.

Breakfast @  AM

Morning snack @  AM

Lunch @  PM

Afternoon snack @  PM

Dinner @  PM

Late Evening @  PM

Are there any foods you can't live without?

Do you have any allergies to food?

Do you have any known medical conditions such as Diabetes, High Blood Pressure, Arthritis etc and are you on any medication?

Describe your daily activity levels. Is your job busy? Are you on your feet?

Do you have the ability to prepare, refrigerate and heat food at work?

What foods would you say are you are most drawn to?

How did you hear about The Online Nutritionist?

*I look forward to meeting you soon and helping you with your health and fitness goals!*