NUTRITION AND DIET ASSESSMENT QUESTIONS

NAME:	NAGUIT, THOMAS ADRIAN M.				
DATE:	05/04/2023			BMR:	2,074 Calories/day
HEIGHT (cm):	175cm	AGE	19	TDC/TMR:	3445 Calories
WEIGHT (kg):	107kg	GENDER	M	LIFESTYLE:	Mixed (on a diet right now)

I. GOAL SETTING: WHAT ARE YOUR TOP GOALS RELATED TO HEALTH, NUTRITION, AND FITNESS?

1 Lose weight, getting around 90-80kg, especially since my family has a history of stroke.

2 Eat much healthier foods, and reduce carbs if possible

3 Make myself more active (both in sports, and in exercising), around 1-2 hours a day.

HOW DETERMINED ARE YOU TO WORK ON ACHIEVING THESE GOALS? (ON A SCALE OF 1-10, WITH10 AS HIGHLY MOTIVATED): | 8.9

II. NUTRITION AND DIET ASSESMENT: Please fill out the blanks

A. DIET AND HEALTH HISTORY

	ANY TYPE OF DIET OR DIET PROGRAMS WHICH YOU TRIED IN THE PAST?		Keto Diet
1	WHEN DID YOU START?	2020	RESULT: Manage to lose some weight, but hard to maintain, especially during pandemic
	DURATION OF PROGRAM:	nearly 5-6 months?	
	ANY TYPES OF DIET OR DIET PROGRAM WHICH YOU ARE CURRENTLY DOING?		Low Carb Diet
2	WHEN DID YOU START?	March 2023	RESULT: As of the moment, still going strong, manage to lose weight (previously from 120kg to 107kg)
	DURATION OF PROGRAM:	1 year	
3	ANY PAST MEDICAL CONDITION THAT SHOULD BE NOTED?	None at the moment	
4	ANY PRESENT MEDICAL CONDITION/S OR HEALTH CONCERN?	None at the moment	

B. MEAL PATTERN AND DISTRIBUTION

WHICH OF THE MEALS DO YOU REGULARLY CONSUME? (CHECK THOSE THAT APPLY)

☐ BREAKFAST   ☑ LUNCH   ☑ DINNER
☐ AM SNACK   ☑ PM SNACK   ☑ MIDNIGHT SNACK

C. EATING HABITS

YOU ALWAYS: (CHECK THOSE APPLY)

☑ EAT ALONE
☑ PREPARE YOUR OWN FOOD
☑ CONSUME FAST-FOOD FOOD ITEMS
☑ EAT OUT IN RESTAURANTS (LOVES FOOD/ WORK-RELATED/ MEETINGS/ SOCIALIZATION)
☑ DRINK ALCOHOL BEVERAGES LIKE: Various   QTY: Occasional (like parties)

EAT MORE THAN USUAL WHEN: (CHECK THOSE APPLY)

☑ HUNGRY
☑ STRESSED
☐ IN RESTAURANTS
☐ OUT W/ FRIENDS
☐ DINNING W/ FAMILY
☐ ON VACATION/ WEEKENDS

D. FOOD PREFERENCES

FOOD LIKES:	More of meats, eggs, whole wheat breads, vegetables (stir fry)	CUISINE:	Varied, home-cooked, usually prepared
SPECIFIC FOOD ITEMS:	Cabbages, SkyFlakes (Whole Wheat), Chicken, Pork, Onions		
FOOD DISLIKES:	Ampalaya	REASON FOR DISLIKE:	too bitter, not a fan
FOOD ITEMS AVOIDED:	Foods high in carbs (White Bread, White Rice)		
REASON FOR AVOIDANCE:	Focusing on low carb diet		

E. MEDICATIONS AND SUPPLEMENTS

LIST DOWN ALL THE MEDICATIONS AND SUPPLEMENTS THAT ARE REGULARLY TAKING

None.