

Top 20 Foods List

Current Diet

Please list the top 20 foods and/or drinks that you consume most often

1 _____	11 _____
2 _____	12 _____
3 _____	13 _____
4 _____	14 _____
5 _____	15 _____
6 _____	16 _____
7 _____	17 _____
8 _____	18 _____
9 _____	19 _____
10 _____	20 _____

Additional Notes to Your Trainer

Please list anything else your trainer should know before working with you
