

NUTRITION QUESTIONNAIRE



Date _____

Name _____

Address _____

Mobile _____

Email _____

Birthday _____

Gender _____

Nationality _____

Please write or print clearly. All of your information will remain confidential between you and Motion Fitness. The more specific you are the better we can support you.

PERSONAL INFORMATION

How often do you check your email? _____

Best way to get in contact _____

Kids _____

Profession _____

Do you smoke? _____

Do you drink alcohol? _____

NUTRITIONAL INFORMATION

Have you ever received any nutritional counseling? Please specify why.

How can our nutritionist help you? Check all that apply.

Coach or doctor suggested it

Interested in Nutrition Consultation

The Fit & Slim Weekly Menu

Special diets

Detox

I want to gain weight. How much? _____

I want to loose weight. How much? _____

I want to improve my nutrition for workouts and competition

I need general support for a healthier eating/lifestyle

Other. Please explain.

What are your nutrition goals?

What is your:

- Present height: _____
- Current weight: _____
- Blood type: _____

Any serious illnesses / hospitalized / injuries? How long ago was this?

What role do sports and exercise play in your life?

What kind of sport? _____

Detox & Diet history _____

What is your food like these days?

- Breakfast: _____ time: _____
- Snack: _____ time: _____
- Lunch: _____ time: _____
- Snack: _____ time: _____
- Dinner: _____ time: _____
- Snack: _____ time: _____

Do you have any food allergies or troubles digesting certain foods?

Food you love _____

Food you avoid _____

Do you take any supplements or medications? If yes, which one?

How much water do you usually consume on a daily basis? Check the right amount.

Less than 1 Liter

1 Liter

2 Liter

3 Liter

More than 3 Liter

What percentage of your food is home-cooked? _____

Do you crave sugar, coffee, alcohol and cigarettes or have any major addictions?

The most important thing I should do to improve my health is:

How do you feel at the moment?

ADDITIONAL COMMENTS

THANK YOU!

YOUR AVOCADO TEAM