

## Dietary Survey Form - General Wellness

### Personal Information

Date: February 14, 2025

Name:

John Kennedy

Age:

56

Gender:

Male

Phone / Email:

john.kennedy@gmail.com

### Medical History

Do you have any diagnosed medical conditions?

No.

Are you currently taking any medications?

No.

Do you have any allergies or intolerances?

Allergic to penut.

### Lifestyle and Activity Level

Describe your occupation (e.g., desk job, active job):

I am a engineer, I usually work from home with my computer. I sit most of the days.

How often do you exercise per week and what type?

Daily. I walk for an hour every day.

How many hours of sleep do you get on average?

7

### Food Preferences

Do you follow a specific diet (e.g., vegetarian, keto)?

Not really. But I try to eat all kinds of foods. I eat more vegetables than meats.

Foods you enjoy:

I enjoy Chinese stir fried chicken vegetables, speghatti with meatballs, chicken curries, and salads.

Foods you dislike or avoid:

chips, canned food, microwaved food.

### Typical Daily Intake (24-Hour Recall)

eggs, coffee, bread.

## Dietary Survey Form - General Wellness (Fillable)

Breakfast:

Lunch:

Pasta with chickpeas and cabbage.

Dinner:

pasta and chickpeas and cabbage.

Snacks / Beverages:

coffee, bananas.

### Food Frequency

Fruits and Vegetables (daily/weekly/rarely):

1 bananas, some vegetables on daily basis.

Whole Grains (daily/weekly/rarely):

2 pieces of whole grain breads.

Dairy or alternatives (daily/weekly/rarely):

half bottle of milk daily.

Meat / Fish / Plant Protein (daily/weekly/rarely):

3 gram of plant protein weekly.

Fast food / Takeout (daily/weekly/rarely):

Rarely.

Sweets / Desserts (daily/weekly/rarely):

rarely.

Caffeinated beverages (daily/weekly/rarely):

3 cups of coffes daily.

### Hydration and Supplements

How many cups of water do you drink per day?

4 cups.

Do you take any dietary supplements? If yes, list them.

yes. Multivietamins.

### Goals and Concerns

What are your health goals?

To eat according to nutrition suggestions and be healthy.

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Do you have any specific dietary concerns or questions?

How to maintain good nutrition and be healthy so that after I am 60s, I am still strong and very healthy.