

# Diet, Nutrition, Lifestyle, and Exercise Form

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please check the choice below that best describes your diet:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Mixed food diet (animal and vegetable sources) | <input type="checkbox"/> Fat restriction                 | <input type="checkbox"/> Metabolic Typing Diet     |
| <input type="checkbox"/> Vegetarian                                     | <input type="checkbox"/> Starch/carbohydrate restriction | <input type="checkbox"/> The Zone Diet             |
| <input type="checkbox"/> Vegan  | <input type="checkbox"/> The South Beach Diet            | <input type="checkbox"/> Total calorie restriction |
| <input type="checkbox"/> Salt restriction                               | <input type="checkbox"/> The Blood type Diet             |  |

Please check any specific food restrictions you have:

- |                                      |                                |                                     |
|--------------------------------------|--------------------------------|-------------------------------------|
| <input type="checkbox"/> Dairy       | <input type="checkbox"/> Wheat | <input type="checkbox"/> Eggs       |
| <input type="checkbox"/> Soy         | <input type="checkbox"/> Corn  | <input type="checkbox"/> All gluten |
| <input type="checkbox"/> Other _____ |                                |                                     |

## Current Supplements

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Multivitamin/mineral       | <input type="checkbox"/> Zinc                     | <input type="checkbox"/> Herbs                 |
| <input type="checkbox"/> Vitamin C                  | <input type="checkbox"/> Minerals, _____          | <input type="checkbox"/> Homeopathy            |
| <input type="checkbox"/> Vitamin E                  | <input type="checkbox"/> Probiotics (acidophilus) | <input type="checkbox"/> Protein shakes        |
| <input type="checkbox"/> Fish oils (EPA/DHA)        | <input type="checkbox"/> Digestive enzymes        | <input type="checkbox"/> Bee pollen/propolis   |
| <input type="checkbox"/> Evening Primrose oil (GLA) | <input type="checkbox"/> Betaine HCl              | <input type="checkbox"/> Green powders         |
| <input type="checkbox"/> Calcium                    | <input type="checkbox"/> Amino acids              | <input type="checkbox"/> Liquid meals (Ensure) |
| <input type="checkbox"/> Magnesium                  | <input type="checkbox"/> CoQ10                    |  |
|   | <input type="checkbox"/> Antioxidants             |  |

## Health Habits

- Tobacco:** Cigarettes/day: \_\_\_\_\_ Cigars/day: \_\_\_\_\_
- Alcohol:** Wine: Glasses/day: \_\_\_\_\_ Liquor: Glasses/day: \_\_\_\_\_ Beer: Glasses/day: \_\_\_\_\_
- Caffeine:** Coffee: Cups/day: \_\_\_\_\_ Tea: Cups/day: \_\_\_\_\_ Soda w/ caffeine: Cans/day: \_\_\_\_\_
- Water:** Glasses/day \_\_\_\_\_

## Exercise

### How Often?

- 5-7 days/week
- 3-4 days/week
- 1-2 days/week
- Don't exercise

### Duration

- 45 mins or more duration/workout
- 30 – 45 mins or more duration/workout
- Less than 30 mins

### Type of Exercise

- Walk - # days/week \_\_\_\_\_
- Run, jog, other aerobics - # days/week \_\_\_\_\_
- Weight lift - # days/week \_\_\_\_\_
- Stretch - # days/week \_\_\_\_\_
- Other: \_\_\_\_\_

**Check foods or drinks that you consume a minimum of 3 days or more each week.**

- |  |   |  |   |
|--|---|--|---|
| <input type="checkbox"/> Almonds                 | <input type="checkbox"/> Cod                  | <input type="checkbox"/> McDonalds Food        | <input type="checkbox"/> Pumpkin            |
| <input type="checkbox"/> Almond Butter           | <input type="checkbox"/> Coffee               | <input type="checkbox"/> Millet                | <input type="checkbox"/> Quinoa             |
| <input type="checkbox"/> Alcohol                 | <input type="checkbox"/> Corn                 | <input type="checkbox"/> Mung Bean             | <input type="checkbox"/> Radish             |
| <input type="checkbox"/> Apples                  | <input type="checkbox"/> Crab                 | <input type="checkbox"/> Mushroom              | <input type="checkbox"/> Rye                |
| <input type="checkbox"/> Avocado                 | <input type="checkbox"/> Cranberry            | <input type="checkbox"/> Mustard               | <input type="checkbox"/> Safflower          |
| <input type="checkbox"/> Asparagus               | <input type="checkbox"/> Cashew               | <input type="checkbox"/> Milk, Cow             | <input type="checkbox"/> Sage               |
| <input type="checkbox"/> Bagels                  | <input type="checkbox"/> Cheese               | <input type="checkbox"/> Milk, Goat            | <input type="checkbox"/> Salt               |
| <input type="checkbox"/> Barley                  | <input type="checkbox"/> Cucumber             | <input type="checkbox"/> Milk, Rice            | <input type="checkbox"/> Salmon             |
| <input type="checkbox"/> Banana                  | <input type="checkbox"/> Deli Meats           | <input type="checkbox"/> Milk, Almond          | <input type="checkbox"/> Scallops           |
| <input type="checkbox"/> Burger King             | <input type="checkbox"/> Desserts             | <input type="checkbox"/> Milk, Soy             | <input type="checkbox"/> Sausage            |
| <input type="checkbox"/> Bacon                   | <input type="checkbox"/> Deli Sandwich        | <input type="checkbox"/> Mexican Food          | <input type="checkbox"/> Slim Fast          |
| <input type="checkbox"/> Bean, Lima              | <input type="checkbox"/> Eggplant             | <input type="checkbox"/> Malt                  | <input type="checkbox"/> Sweet & Low        |
| <input type="checkbox"/> Bread, White            | <input type="checkbox"/> Ensure               | <input type="checkbox"/> Nutmeg                | <input type="checkbox"/> Sesame             |
| <input type="checkbox"/> Bread, Wheat            | <input type="checkbox"/> Flounder             | <input type="checkbox"/> NutriSweet            | <input type="checkbox"/> Shrimp             |
| <input type="checkbox"/> Bread, Rye              | <input type="checkbox"/> Fried Foods          | <input type="checkbox"/> Oatmeal, Regular      | <input type="checkbox"/> Snapper            |
| <input type="checkbox"/> Bagels                  | <input type="checkbox"/> French Fries         | <input type="checkbox"/> Oatmeal, Instant      | <input type="checkbox"/> Soft Drinks        |
| <input type="checkbox"/> Biscuits                | <input type="checkbox"/> French Toast         | <input type="checkbox"/> Olive                 | <input type="checkbox"/> Sole               |
| <input type="checkbox"/> Bean, Pinto             | <input type="checkbox"/> Garlic               | <input type="checkbox"/> Onion                 | <input type="checkbox"/> Sour cream         |
| <input type="checkbox"/> Bean, String            | <input type="checkbox"/> Ginger               | <input type="checkbox"/> Orange Juice          | <input type="checkbox"/> Soybean            |
| <input type="checkbox"/> Broccoli                | <input type="checkbox"/> Grape                | <input type="checkbox"/> Oregano               | <input type="checkbox"/> Spinach            |
| <input type="checkbox"/> Brazil Nuts             | <input type="checkbox"/> Grits                | <input type="checkbox"/> Oyster                | <input type="checkbox"/> Strawberry         |
| <input type="checkbox"/> Brussel Sprouts         | <input type="checkbox"/> Greek Food           | <input type="checkbox"/> Orange                | <input type="checkbox"/> Sucralose          |
| <input type="checkbox"/> Blueberries             | <input type="checkbox"/> Grapefruit           | <input type="checkbox"/> Papaya                | <input type="checkbox"/> Sugar              |
| <input type="checkbox"/> Butter                  | <input type="checkbox"/> Grape nuts           | <input type="checkbox"/> Parsley               | <input type="checkbox"/> Sunflower          |
| <input type="checkbox"/> Cabbage                 | <input type="checkbox"/> Haddock              | <input type="checkbox"/> PopTarts              | <input type="checkbox"/> Salad Bar          |
| <input type="checkbox"/> Cereal, Special K       | <input type="checkbox"/> Ham                  | <input type="checkbox"/> Peanuts               | <input type="checkbox"/> Sardines           |
| <input type="checkbox"/> Cereal, Bran flakes     | <input type="checkbox"/> Halibut              | <input type="checkbox"/> Peanut butter         | <input type="checkbox"/> Squash             |
| <input type="checkbox"/> Cereal, Cornflakes      | <input type="checkbox"/> Herring              | <input type="checkbox"/> Peas                  | <input type="checkbox"/> Taco bell food     |
| <input type="checkbox"/> Cereal, _____           | <input type="checkbox"/> Hot Dogs, Pork       | <input type="checkbox"/> Peach                 | <input type="checkbox"/> Tea, Black         |
| <input type="checkbox"/> Cereal, _____           | <input type="checkbox"/> Hot Dogs, Beef       | <input type="checkbox"/> Pecan                 | <input type="checkbox"/> Tea, Decaffeinated |
| <input type="checkbox"/> Celery                  | <input type="checkbox"/> Hamburgers           | <input type="checkbox"/> Pepper                | <input type="checkbox"/> Thai food          |
| <input type="checkbox"/> Cantaloupe              | <input type="checkbox"/> Hardies Food         | <input type="checkbox"/> Pepper, Green         | <input type="checkbox"/> Tomato             |
| <input type="checkbox"/> Candy                   | <input type="checkbox"/> Honey                | <input type="checkbox"/> Perch                 | <input type="checkbox"/> Trout              |
| <input type="checkbox"/> Chinese Food            | <input type="checkbox"/> Italian Food         | <input type="checkbox"/> Pineapple             | <input type="checkbox"/> Tuna               |
| <input type="checkbox"/> Cream Cheese            | <input type="checkbox"/> Ice Cream            | <input type="checkbox"/> Pancakes              | <input type="checkbox"/> Turkey             |
| <input type="checkbox"/> Carrot                  | <input type="checkbox"/> Indian Food          | <input type="checkbox"/> Protein Shakes, Soy   | <input type="checkbox"/> Tangerine          |
| <input type="checkbox"/> Chicken                 | <input type="checkbox"/> Jack in the box food | <input type="checkbox"/> Protein Shakes, Milk  | <input type="checkbox"/> Vinegar            |
| <input type="checkbox"/> Chili Pepper            | <input type="checkbox"/> Japanese Food        | <input type="checkbox"/> Protein Shakes, Whey  | <input type="checkbox"/> Walnut             |
| <input type="checkbox"/> Cinnamon                | <input type="checkbox"/> Jelly                | <input type="checkbox"/> Protein Shakes, _____ | <input type="checkbox"/> Waffles            |
| <input type="checkbox"/> Clam                    | <input type="checkbox"/> Ketchup              | <input type="checkbox"/> Protein Shakes, _____ | <input type="checkbox"/> Whitefish          |
| <input type="checkbox"/> Cloves                  | <input type="checkbox"/> Lamb                 | <input type="checkbox"/> Plum                  | <input type="checkbox"/> Wheat              |
| <input type="checkbox"/> Cocoa-Chocolate         | <input type="checkbox"/> Lemon                | <input type="checkbox"/> Pork                  | <input type="checkbox"/> Wendy's food       |
| <input type="checkbox"/> Carnation Drink         | <input type="checkbox"/> Lentil               | <input type="checkbox"/> Peanut                | <input type="checkbox"/> Yeast, Bakers      |
| <input type="checkbox"/> Chewing gum, sweetened  | <input type="checkbox"/> Lettuce              | <input type="checkbox"/> Potato, sweet         | <input type="checkbox"/> Yeast, Brewers     |
| <input type="checkbox"/> Chewing gum, sugar free | <input type="checkbox"/> Lime                 | <input type="checkbox"/> Potato, White         | <input type="checkbox"/> Yogurt             |
| <input type="checkbox"/> Coconut                 | <input type="checkbox"/> Lobster              |  | <input type="checkbox"/> Yam                |
|  | <input type="checkbox"/> Mackerel             |  | <input type="checkbox"/> Zucchini           |
|  | <input type="checkbox"/> Margarine            |  |   |

**Has there ever been a food that you have craved or really “pigged out” on over a period of time?**

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