Nutritional & Lifestyle Survey

Name		,					Dat	e			,	
Address		Phone							***************************************			
Referred by				Occupation								
				- coupation								
Age	Sex		Hei	ght				Weight	t			000 /4
						der Sur		1800	·Dru			
II. Diet & Nutritio	n											
a. How often do you use		wing? (1 = Da	ily, 2 =	Wee	kly, 3	= Occ	asion	ally, 4	= Ne	ever)		
Meat 1 2	3 4	Pork	1	2	3 4		Food		1	2	3	4
Sweets/Sugar 1 2	D-Constitution and the constitution of the con	White flour	l	2	3 4		d Foo	ods	1	2	3	
Coffee/Tea 1 2 Dairy Foods 1 2			<u> </u>	**************************************			ohol	***************************************	1	2	3	4
b. Describe a typical br	3 4 -	Salted food	l	2	3 4	Nut	riSwe	eet	1	2	3	4
. How much water do yo What kind of water do	u drink ead you drink	?	cups.									
d. Describe a typical din How much water do yo What kind of water do J. List any nutritional sup	u drink ead you drink	?	THE STATE OF THE STATE OF									
How much water do yo What kind of water do List any nutritional su	u drink ead you drink pplements	you are now	THE STATE OF THE STATE OF									
. How much water do yo What kind of water do	u drink early you drink pplements	you are now	taking.									
How much water do yo What kind of water do List any nutritional supplied. How much sleep do you	practice u get each	you are now an inight on the	taking.									
How much water do you what kind of water do the List any nutritional superior of the List and health. How much sleep do you exert.	practice ou get each rcise?	you are now night on the hours per da	taking.									
How much water do you what kind of water do . List any nutritional support the second of the second	practice ou get each reise?	you are now night on the hours per da ress?	taking.									
How much water do yo What kind of water do List any nutritional sup II. General health How much sleep do yo How often do you exer What do you do for exert water do you feel like you are if so, explain briefly. How often do your boy	practice ou get each relse? re under st	you are now night on the hours per da ress?	taking.									
How much water do you what kind of water do . List any nutritional support the second of the second	practice ou get each relse? re under st	you are now night on the hours per da ress?	taking.									