

## **NUTRITION A-B-Cs**



ANSWER THE FOLLOWING QUESTIONS AS BEST YOU CAN:

(BELOW ARE BASIC QUESTIONS; NOT INQUIRING ABOUT THE "TYPE" OF DIET YOU MAY CURRENTLY BE USING)

### **QUESTIONS**

### **ANSWER**

Do You Eat Breakfast?

Yes / No / Sometimes

If YES to the Above Questions,  
What Is It?

Briefly Describe: \_\_\_\_\_  
\_\_\_\_\_

How Many Meals Do You Eat  
A Day?

2-3; 3-4; 4-5; More (Circle One)

Do You Know the Difference  
Between Protein, Carbohydrate,  
& Fats?

Yes / No

Do You Base Your Meals Off of Proteins  
Or Carbohydrates?

Protein / Carbohydrate / Not Sure

How Much Protein Do You Have in Your  
Diet?

In Every Meal / Almost Every Meal /  
Not Sure

How Much Water Do You Drink a  
Day?

Less than 20oz; 20-40oz; 40-64oz; 64-80oz  
80-128oz (Circle One)

How Many Hours of Sleep Do You Get?

Less than 6; 6-8; 8+ (Circle One)

### **FROM THIS POINT, WE CAN DISCUSS FURTHER:**

*-DIFFERENT TYPES OF DIETS (i.e., CLEAN EATING; PALEO; KETO/ATKINS).*

*-TRACKING YOUR MACROS/CALORIES.*

*-SUPPLEMENTATION.*