![PMF_logo[1].jpg]()**Nutritional Intake Sheet(must be completed prior to meeting NUTRITION COACH) Client name:**

|  |  |
| --- | --- |
| **Question** | **Answer** |
| Do you have any medical conditions? (E.g. Diabetes, Hypothyroidism, Allergies, High Blood Pressure, etc…)If so how long have you been diagnosed? |  |
| Are you currently taking any prescription medications and/or nutritional supplements? (i.e. Multivitamin, fish oil etc) |  |
| What are your goals regarding nutrition? (Weight loss, Muscle gain, Athletic performance, etc.)Please explain why? |  |
| Have you followed any diets in the past? If so, what were your results like?Were you happy with them? |  |
| How many times a week do you plan on training?Do you have a trainer? |  |
| What is your Height, current weight and body fat% (if you don’t know we will take it for you)? |  |
| Are there any barriers preventing you from sticking to an eating plan? (i.e. non supportive family, binge patterns, fast food, etc) |  |
| Do you have any dietary restrictions? What foods do you like/dislike? |  |
| When do you experience:1-The MOST energy during your day?2-The LEAST energy during your day?3-Are you ready to make the necessary changes in your diet to GET RESULTS? | 1-2-3- |

![PMF_logo[1].jpg]()

PURE MOTIVATION FITNESS STUDIO FOOD JOURNAL FOR SUCCESS

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| INFORMATION | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| WAKE-UP TIME: |  |  |  |  |  |  |  |
| BREAKFAST/MEAL1Amount:TIME: |  |  |  |  |  |  |  |
| SNACK/MEAL 2AmountTIME: |  |  |  |  |  |  |  |
| LUNCH/MEAL 3Amount:TIME: |  |  |  |  |  |  |  |
| SNACK/MEAL 4Amount:TIME: |  |  |  |  |  |  |  |
| DINNER/MEAL 5Amount:TIME: |  |  |  |  |  |  |  |
| DINNER 2/MEAL 6Amount:TIME: |  |  |  |  |  |  |  |
| BEDTIME TIME: |  |  |  |  |  |  |  |

Please log all the **FOODS** and **AMOUNT** you have eaten throughout the week and **please ensure you log all of the CHEAT MEALS**

**And or Alcohol that you have consumed to keep it as accurate as possible**