

**NKFitSquad Nutrition Assessment! You're making great steps to better health!
3 Months. 3 Check ins.**

*This will help provide better nutritional guidance to help you reach your goals!
COPY & PASTE THE TEXT BELOW AND INSERT INTO THE NKFITSQUAD BUTTON
ABOVE!*

BE SURE TO PUT THIS HEADLINE IN THE SUBJECT LINE:

RD: 6 Week Check-in Phase (1-2 or 3- in the title!)

1) Name

2) What are your nutritional goals?

- Body fat reduction
- Muscle mass increase
- Vitamin/mineral deficiency
- Sleep improvement
- Menstruation/fertility
- Pregnancy/breastfeeding
- Menopause management
- Autoimmune disease management

3) Have you ever been diagnosed with a metabolic or hormonal condition? Please list and describe.

4) Please list the names of medications/supplements you are currently taking.

5) How many times do you typically eat each day?

- Once
- Twice
- Three square meals
- Three meals plus 1-3 snacks
- 6+ mini-meals
- Graze all day

6) Do you have any food allergies or intolerance? Please list and describe potential effects.

7) When do you usually start eating in a normal day?

-6:00am-9:00am

-9:00am-11:30am

-11:30am-1:30pm

-1:30pm-3:00pm

-3:00pm or later

8) Please describe your first meal in a typical day.

9) How much of each item?

10) What condiments/seasoning do you typically eat with this meal?

11) What do you typically drink with this meal?

12) Please describe your second meal in a typical day.

13) How much of each item?

14) What condiments/seasoning do you typically eat with this meal?

15) What do you typically drink with this meal?

16) Please describe the third time you typically eat in a normal day.

17) How much of each item?

18) What condiments/seasoning do you typically eat with this?

19) What do you typically drink with this?

20) Please list any to-go snacks, coffee breaks, or mints/gum you typically have.

21) How much of this snack do you typically eat in a day?

22) Do you add any condiments or seasoning to your snacks or beverages?

23) How many alcoholic beverages do you typically consume each week?

-<1/week

-2-4/week

-5-7/week

-1-2/day

-3+/day

24) How often do you eat dessert?

-<1/week

-2-3/week

-4-7/week

-1-2/day

25) How many hours before bed do you usually finish eating?

-Immediately go to bed after eating

-1-2 hours before bed

-2.5-4 hours before bed

-4.5+ hours before bed

26) What foods or flavors do you dislike and never want to eat?

27) What are your favorite foods that you will never want to cut out of your diet?