



-nutrition consulting
client intake form-

In order to get a better understanding of your nutritional needs, please print & complete the following forms and bring them to your session:

Name: _____ Age: _____

Gender: M F

Weight: _____ lbs or _____ kgs Height: _____ inch or _____ cm

Activity level: sedentary mildly active moderately active highly active athletic

Please describe any diagnosed food allergies you have: _____

Please describe any food sensitivities you may have: _____

Please list any current health conditions/symptoms you may have (chronic, acute, autoimmune):

Please list any vitamins, nutritional supplements or medications you currently take regularly:

Please complete the following by ticking the most appropriate circle:

Approximate daily water intake: 250ml 500 ml 1 litre 2 litres 3 or more litres

Approximated daily caffeinated tea & coffee intake: 1 – 2 cups 2 – 3 cups 4 – 6 cups

Approximate daily alcohol intake: 1 – 2 (250 ml glasses) 2 – 3 4 – 6

Type of alcohol: beer red wine white wine other: _____ (please specify)

Additional beverages of any nature: _____

I would also like to further understand your current nutritional status. To this end please complete a brief 'snapshot' of your meals and snacks over the past 3 days. Please try to be as accurate as possible: my ability to be helpful relies on a true working understanding of your existing habits!

Daily Food Intake Chart:

Breakfast	Snack	Lunch	Snack	Dinner	Snack
Day 1:					
Day 2:					
Day 3:					

Sleep patterns: sleep soundly most nights struggle to fall asleep wake up frequently apnea

Stressors: family work emotional financial health social other: _____

Notable Family Health History: _____

I am looking forward to the opportunity to help you to work toward optimal health! I am very interested in understanding specifically what you would like to achieve. Please tick off the goals that you would like to work toward:

Address chronic, acute or auto-immune health conditions as described above

Address possible symptoms of adrenal fatigue and/or thyroid dysfunction

Rebalance your gut microflora: understand the role of pre- and probiotics

Address low energy due to excessive physical demands or high stress

Optimize your metabolism to achieve your weight 'set point' and improve your energy

Balance your blood sugar and your hormones

Learn the foundations of a clean diet to improve overall health

Address gut dysbiosis eg: Candida, SIBO, IBS, inflammatory food responses etc.

Other conditions, health concerns or goals: _____
