

## Nutrition & Eating Habits Questionnaire

Name:			
Why have you decided to come for nutrition counseling at this time? _____ _____ _____			
<b>Please list any food or drink with calories you have had consumed in the past 24 hours:</b> <i>You do not need to list water, diet soda, plain coffee or tea.</i>			
Meal or Snack	Time	Place	What and how much?
Breakfast or 1 <sup>st</sup> meal			
Snack			
Lunch or 2 <sup>nd</sup> meal			
Snack			
Evening or 3 <sup>rd</sup> meal			
Snack			
Other			
Who prepares meals in your home? _____			
How many meals do you eat away from home on weekdays?		Bfst:	Evening Meal:
How many meals do you eat away from home on weekends?		Lunch:	
List restaurants where you often eat: _____ _____			
Do you exercise now?      No      Yes      If yes, what do you do and how often do you do it? _____ _____			
Is there any reason you cannot or should not exercise? _____ _____			
Has your weight changed in the last year?		no	gained _____ lbs
			lost _____ lbs
What do you think is a realistic weight for you?			
How long has it been since you were at that (realistic) weight?			
Do you currently take any medicines? If yes, list them:			

# Family Activity And Eating Habits Questionnaire By

**VM Jensen**



**Family Activity And Eating Habits Questionnaire By:**

Eventually, you will very discover a further experience and achievement by spending more cash. yet when? complete you take on that you require to get those all needs with having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will lead you to understand even more a propos the globe, experience, some places, subsequently history, amusement, and a lot more?

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