

Ballard Health Club Nutrition Coaching

Name: _____

Member #: _____



Please answer the following questions and turn in 3-4 days prior to your appointment at the front desk. *Be as specific as possible.*

◆ Gender: *Male / Female* Age: _____ Height: _____ Current Weight: _____

◆ Usual Weight: _____ Any weight changes over the last year? *Yes / No* How Much? _____

◆ Describe your general eating habits, including information on any specific diets. Please also complete the food log on the back of this form. _____

◆ Do your nutrition goals fall under (1) *weight loss*, (2) *sports nutrition* or (3) *healthy living*? Please explain: _____

◆ Describe any food allergies or intolerances: _____

◆ Describe foods you do not like: _____

◆ Describe foods you enjoy: _____

◆ Do you prepare your own meals? If not, who does? _____

◆ Describe your current exercise regimen: _____

◆ Is there anything else you would like us to know (i.e.: medications or conditions that may interact with food - *Please consult your doctor if you are unsure.*) _____

At Ballard Health Club, the staff providing nutrition coaching are well educated on the subject of nutrition but are not Registered Dietitians or doctors and will not be providing you with a diet plan or medical advice. If you know or suspect that you have a specific medical condition or need further recommendations, please consult your doctor or dietitian.

Last Name: _____

First Name: _____

Appointment Date: _____ Time: _____ Nutrition Coach: _____

