

Dietary Assessment Form

===Please return the completed form to contact@innerharmonynutrition.com by email.===

Name: _____ Age: _____

Email address: _____

Occupation: _____

Height: _____ Current weight: _____ Weight 6 months ago: _____ One year ago: _____

Average hours of sleep: _____

Physical activities: (e.g. Weight training 30 - 45 min, 3/week; cardio exercise 30 - 45 min, 3/week; yoga 30 min, 1/week; tennis 60 min, 1/month; walking 30 min in total/day, biking 30 min/day)

Food allergies/sensitivities (if any):

Foods you love:

Foods you don't like:

Supplements you are taking:

What percentage of your food is home cooked? _____ Do you cook? _____

Are you a vegetarian? _____, vegan? _____, flexitarian? _____, raw vegan? _____, macrobiotic? _____, other _____

Your typical daily diet - 1

(e.g. For breakfast: Either 1 serving of cereal and milk, 1/2 cup fruits, a cup of coffee with milk and sugar; or 2 pieces of toast with jam and butter, 1 serving of yogurt, 2 eggs, scrambled, 2 strips of bacon and a cup of black coffee)

Breakfast: _____ - _____ (e.g. 6:30 am - 7:00 am)

Lunch: _____ - _____

Dinner: _____ - _____

Snack 1 _____ (e. g. around 10 am)

Snack 2 _____

Snack 3 _____

Additional liquids consumed and their amount (including water)

Your typical daily diet - 2 - Occasion: _____

If your diet varies greatly (e.g. weekday vs. weekend, or diet at home vs. diet during a business trip), please list another typical daily diet. This page is optional.

Breakfast: _____ - _____

Lunch: _____ - _____

Dinner: _____ - _____

Snack 1 _____

Snack 2 _____

Snack 3 _____

Additional liquids consumed and their amount (including water)

Your current health challenges / goals

Please list any specific goals. (e.g. I want to have more balanced, healthier diet. I want to improve my metabolic syndrome conditions. I want to have healthier skin. I have to have more energy. I want to lose 10 pounds or lose fat. My family has a history of diabetes and I want to prevent it.) Please also write any additional information you would like me to know.