



PERSONAL TRAINING : LIVE BETTER, FASTER

Please complete the following questionnaire and bring it to your Nutrition Consultation

How often do you consume the following foods?

For each item, check A, B or C.

Item	A	B	C
1. Red Meat Beef, pork, lamb, veal*	<input type="checkbox"/> Usually eat: Three times a week or more	<input type="checkbox"/> Usually eat: Twice a week	<input type="checkbox"/> Usually eat: Once a week or less
2. Red Meat Choices*	<input type="checkbox"/> Usually eat: High-fat cuts such as ribs, t-bone steak, prime rib, sausage	<input type="checkbox"/> Sometimes eat: High-fat cuts such as ribs, t-bone steak, prime rib, sausage	<input type="checkbox"/> Usually eat: Lean cuts such as round, loin, flank
3. Ground Meat, Burgers*	<input type="checkbox"/> Usually eat: Regular, chuck or lean ground beef with more than 15% fat	<input type="checkbox"/> Usually eat: Ground sirloin or round, ground turkey, or ground beef with 10-15% fat	<input type="checkbox"/> Usually eat: Ground turkey breast or vegetable patties. Or, I rarely eat ground meat or burgers.
4. Chicken, Turkey, Etc*.	<input type="checkbox"/> Usually eat: Chicken, turkey and other poultry with skin	<input type="checkbox"/> Sometimes eat: Chicken, turkey and other poultry with skin	<input type="checkbox"/> Usually eat: Chicken, turkey and other poultry without skin
5. Fish* Canned or fresh	<input type="checkbox"/> Usually eat: Fish less than once a week	<input type="checkbox"/> Usually eat: Fish once a week	<input type="checkbox"/> Usually eat: Fish twice a week or more
6. Chicken and Fish Choices*	<input type="checkbox"/> Usually eat: Fried chicken and/or fried fish and shellfish	<input type="checkbox"/> Sometimes eat: Fried chicken and/or fried fish and shellfish	<input type="checkbox"/> Usually eat: Chicken and that is baked, broiled, grilled, poached, roasted, etc.
7. Cold cuts, Hot dogs, Breakfast meats, other Processed meats*	<input type="checkbox"/> Usually/often eat: Salami, bologna, other cold cuts, hot dogs, bacon, sausage	<input type="checkbox"/> Sometimes eat: Salami, bologna, other cold cuts, hot dogs, bacon, sausage	<input type="checkbox"/> Usually eat: Roast beef, turkey breast, ham, low-fat cold cuts, low-fat hot dogs/bacon/sausage. Or, I rarely eat processed meats.
8. Serving Sizes of Meats (cooked)*	<input type="checkbox"/> Usually eat: Large portions (7 oz. or more)	<input type="checkbox"/> Usually eat: Medium portions (4-6 oz.)	<input type="checkbox"/> Usually eat: Small portions (3 oz. or less)
9. Eating Out in restaurants, drive-through, or delivery	<input type="checkbox"/> Usually eat out or get take-out food: Twice a week or more	<input type="checkbox"/> Usually eat out or get take-out food: Once a week	<input type="checkbox"/> Usually eat out or get take-out food: Less than once a week Or, usually make low-fat choices

If you are a vegetarian, mark 'C' for these () topics.

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10. Egg Yolks*	<input type="checkbox"/> Usually eat: 6 or more egg yolks a week	<input type="checkbox"/> Usually eat: 4-5 egg yolks a week	<input type="checkbox"/> Usually eat: 3 egg yolks or less a week. Or, I usually eat cholesterol-free egg substitutes.
11. Milk*	<input type="checkbox"/> Usually drink: Whole milk or cream	<input type="checkbox"/> Usually drink: 2% reduced-fat milk	<input type="checkbox"/> Usually eat: 1% low-fat or skim milk
12. Cheese* Includes on pizza, sandwiches, snacks, etc.	<input type="checkbox"/> Usually eat: Regular cheese	<input type="checkbox"/> Sometimes eat: Regular cheese	<input type="checkbox"/> Usually eat: Reduced or partly skimmed cheese. Or, I rarely eat cheese.
13. Frozen Desserts Ice cream, etc.	<input type="checkbox"/> Usually eat: Regular ice cream	<input type="checkbox"/> Sometimes eat: Regular ice cream	<input type="checkbox"/> Usually eat: Sherbert, sorbet, low-fat ice cream. Or, I rarely eat frozen desserts.
14. Cooking Method	<input type="checkbox"/> Usually add: Oil, butter, or margarine to the pan	<input type="checkbox"/> Sometimes add: Oil, butter, or margarine to the pan	<input type="checkbox"/> Usually: Broil, bake, or steam without fats or oils, or use cooking sprays.
15. Cooking Fats & Oils	<input type="checkbox"/> Usually use: Butter, stick margarine, shortening, or lard.	<input type="checkbox"/> Usually use: Liquid or tub margarine for cooking or baking.	<input type="checkbox"/> Usually use: Oils such as olive, canola and corn for cooking. Or, cook without fats/oils.
16. Fried Foods French fries, egg rolls, etc.	<input type="checkbox"/> Often eat: Fried foods	<input type="checkbox"/> Sometimes eat: Fried foods	<input type="checkbox"/> Rarely eat: Fried foods
17. Spreads Added at the table	<input type="checkbox"/> Usually use: Butter or margarine on bread, potatoes, vegetables, etc.	<input type="checkbox"/> Sometimes use: Liquid or tub margarine on bread, potatoes, vegetables, etc.	<input type="checkbox"/> Usually use: "Light" tub margarine on bread, potatoes, vegetables. Or, I eat them plain.
18. Salad Dressing & Mayonnaise	<input type="checkbox"/> Usually use: Regular dressing or mayonnaise	<input type="checkbox"/> Sometimes use: Regular dressing or mayonnaise	<input type="checkbox"/> Usually use: Light or fat-free salad dressing and mayonnaise
19. Snacks	<input type="checkbox"/> Usually eat: Regular chips, crackers and nuts	<input type="checkbox"/> Sometimes eat: Regular chips, crackers and nuts	<input type="checkbox"/> Usually eat: Fruit, pretzels, low-fat crackers and baked chips

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20. Desserts and Sweets	<input type="checkbox"/> Usually eat: Donuts, cookies, candy, cake, pastry, pie or chocolate	<input type="checkbox"/> Sometimes eat: Donuts, cookies, candy, cake, pastry, pie or chocolate	<input type="checkbox"/> Usually eat: Fruit, angel food cake, low-fat or fat-free desserts and sweets.
21. Grains Breads, cereals, rice, pasta	<input type="checkbox"/> Usually eat: White breads; white rice; low fiber cereal like corn flakes, Rice Krispies, etc.	<input type="checkbox"/> Sometimes eat: White breads; white rice; low fiber cereal like corn flakes, Rice Krispies, etc.	<input type="checkbox"/> Usually eat: Whole grain breads; brown rice; whole grain cereals like oatmeal, bran cereals, Wheaties, etc.
22. Fruits and Vegetables (1 serving = ½ cup or 1 piece of fruit)	<input type="checkbox"/> Usually eat: 1 serving or less a day	<input type="checkbox"/> Usually eat: 2-4 servings a day	<input type="checkbox"/> Usually eat: 5 or more servings a day
23. Juice and Pop	<input type="checkbox"/> Usually drink: 3 or more glasses of juice or pop a day	<input type="checkbox"/> Usually drink: 1-3 glasses of juice or pop a day.	<input type="checkbox"/> Usually drink: Water or low-calorie beverages.

If you are a vegetarian, mark 'C' for these () topics.

Find Your Score

Total checks in Column A = _____ x 1 = _____

Total checks in Column B = _____ x 2 = _____

Total checks in Column C = _____ x 3 = _____

Total = _____

Setting Goals

Your Nutrition Consultant will go over this questionnaire and use it to find ways to improve your current eating habits by setting goals together.

Goal 1: _____

Goal 2: _____

Goal 3: _____

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