

what do you WANT?

Let's figure out how we can work best together to get you to where you want to be.

THE GOAL: What is the main big picture item you want to achieve?

OTHER GOALS: Is there anything else you want to work on?

MOTIVATION: What motivates you the most?

PAST SUCCESS: What has worked for you in the past? Or you like structure? Are you big on support?

You are worthy of living your dreams, you are worthy of becoming your best self, you are worthy of feeling confident and happy in who you are, you are worthy of truly loving yourself.

EATenquiry

I am here to support and help you.
There is no room for judgment by others or by yourself. Honesty is key for this to work. Please be kind to yourself as you fill out this questionnaire <3.

24 hour food recall

Try your best to recall everything you consumed (food and drink) in the last 24 hours, from when you woke up yesterday morning to when you woke up this morning.

Your current diet

How do you eat? Do you have a diet philosophy? What guides your food choices (e.g. benefits, labels, cost, taste, ease)?

What does healthy eating look like to you?

Briefly describe what you think a "healthy diet" consists of? What does it include/not include?

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Cooking at home

How often do you cook at home?

Do you cook for just yourself or others as well? Does someone else cook for you?

What fat or oils do you use to cook with/eat?

Do you season your food, if so how? Do you use sauces and dressings, if so how?

Eating in/out

How often to you eat out? How often do you get takeaways?

What do you like to eat out?

What do you like to get to eat in?

Nitty gritty details

How many servings of vegetables do you have per day? (Broccoli, zucchini, salad, peppers, mushrooms, etc.)

How many servings of fruit do you have per day? (Apples, bananas, oranges, pears, blueberries, etc.)

How many servings of protein sources do you have per day? (Meat, fish, eggs, dairy, legumes, tofu/tempe, etc.)

How many servings of grains do you have per day? (Oats, rice, pasta, bread, quinoa, millet, etc.)

Do you eat dairy, if so what kind and how often?

Do you eat dessert, if so what kind and how often?

Do you eat 3 meals a day or do you like several smaller meals or do you like to snack/graze throughout the day?

Do you often eat at your desk or on the go?

Do you eat dinner at a table with family/friends or in front of the tv?

Do you eat breakfast or do you intermittent fast?

Do you eat fast or slow?

To live your best life.

DRINK*enquiry*

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Coffee

Do you drink coffee? If yes, how many cups of coffee do you have per day?
Does this vary on the weekend? If so, how?

How do you take your coffee?
Do you drink coffee on an empty stomach or after breakfast?

How does coffee make you feel? Do you feel focused, energised, jittery, anxious? Do you experience any crashes throughout the day?

Alcohol

Do you drink alcohol? If yes, how many standard drinks do you have per week?
How does this change throughout the week?

What type of alcoholic beverages do you drink?

How does drinking make you feel, in the moment and the next day?

What are your drinking behaviours. Do you like an alcoholic beverage at the end of the day to relax? Are you more of a social drinker?

Water

How much water do you drink each day?
Do you often feel hydrated?
Is your skin constantly dry? Have you ever noticed the colour your pee?

Other Beverages

What other drinks do you have on a daily or weekly basis? If so, how many?

- Fruit juice -
- Smoothies -
- Soda/fizzy drink -
- Diet soda -
- Black/white tea -
- Herbal tea -
- Milk -
- Other, please specify -

LIFE *Enquiry*

To live. your best life

Medical History

What's your medical history?

Genetics

Do you have any medical conditions in your family, your parents or your grandparents?

Diet History

Do you have a history with dieting? If so, please explain. Do you or have you ever experienced disorder eating? If so, please explain. Have you every tracked calories or macros? If so, please explain.

Technology

Do you or have you ever used apps to track food, movement, sleep etc.? If so, please explain. If not, what is your tech literacy like and is it something you would like to add as a potential tool?

To live your best life.

MOVE *Enquiry*

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Your Current Movement

What causes do you connect to? If you could get a message to the world, what would it be? Who would you share it to?

Exercise History

Given your talents, passions, values how could you use these resources to contribute, to help, to serve others or the world?

What does healthy active life mean to you?

If I knew I could not fail, what would I do?

Interest

How could you turn this into something that people would get value from? Who would find value in this?