



Questions On Your Food

What do you normally eat for breakfast; specifically, how large is your serving size?

What do you normally eat for lunch; specifically, how large is your serving size?

What do you normally eat for dinner; specifically, how large is your serving size?

What snacks do you eat on a daily basis?

What food do you consider to be "treat" food and how much and how often do you eat this?

What do you normally eat on the weekend?

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Dessert _____

How much do you drink in a day?

Water _____

Soft drink _____

Coffee or teas _____

Alcohol _____

Does your job or lifestyle prevent you from eating at certain times of the day? _____

If so what times can you eat on a regular basis?

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

How often do you eat out per week? _____

What foods do you normally eat for entre and dinner? _____ -

Are there any foods that you cannot eat or are allergic or any other medical reasons that may prevent you from eating certain foods?

***“To accomplish great things, we must not only act,
but also dream, not only plan, but also believe”***

Anatole France