

Nutritional Analysis

On a scale of 1 - 10 (1 being very low quality and 10 being very high), how would you assess the quality of your diet?

Do you follow any particular diet at the moment? If so, what?

Would you like any advice or support regarding your diet and helping you to make changes?

Yes

No

If you answered yes, what are your key goals?

Have you ever had your diet analysed before? If yes state when and give details on the advice given.

Do you supplement your diet with anything ?(eg. Tablets/Juices/Powders) If yes, what?

How many units of alcohol do you drink in a typical week? (one unit being half a pint of standard beer/lager, 1 small glass of wine, 1 pub measure of a spirit)

Do you smoke?

Yes

No

If yes, how many do you smoke in a day and do you want to stop?
