



-nutrition consulting  
client intake form-

In order to get a better understanding of your nutritional needs, please print & complete the following forms and bring them to your session:

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Gender:        M        F

Weight: \_\_\_\_\_ lbs or \_\_\_\_\_ kgs        Height: \_\_\_\_\_ inch or \_\_\_\_\_ cm

Activity level:    sedentary    mildly active    moderately active    highly active    athletic

Please describe any diagnosed food allergies you have: \_\_\_\_\_

\_\_\_\_\_

Please describe any food sensitivities you may have: \_\_\_\_\_

\_\_\_\_\_

Please list any current health conditions/symptoms you may have (chronic, acute, autoimmune):

\_\_\_\_\_

\_\_\_\_\_

Please list any vitamins, nutritional supplements or medications you currently take regularly:

\_\_\_\_\_

Please complete the following by ticking the most appropriate circle:

Approximate daily water intake:    250ml    500 ml    1 litre    2 litres    3 or more litres

Approximated daily caffeinated tea & coffee intake:    1 – 2 cups    2 – 3 cups    4 – 6 cups

Approximate daily alcohol intake:    1 – 2 (250 ml glasses)    2 – 3    4 – 6

Additional beverages of any nature: \_\_\_\_\_

Daily Food Intake Chart:

Breakfast	Snack	Lunch	Snack	Dinner	Snack
Day 1:					
Day 2:					
Day 3:					

Stressors: family work emotional financial health social other: \_\_\_\_\_

Notable History:	Family	Health

I am looking forward to the opportunity to help you to work toward optimal health! I am very interested in understanding specifically what you would like to achieve. Please tick off the goals that you would like to work toward:

Address chronic, acute or auto-immune health conditions as described above

Address possible symptoms of adrenal fatigue and/or thyroid dysfunction

Rebalance your gut microflora: understand the role of pre- and probiotics

Address low energy due to excessive physical demands or high stress

Optimize your metabolism to achieve your weight 'set point' and improve your energy

Balance your blood sugar and your hormones

Learn the foundations of a clean diet to improve overall health

Address gut dysbiosis eg: Candida, SIBO, IBS, inflammatory food responses etc.

Other conditions, health concerns or goals: \_\_\_\_\_

---

---