

## NUTRITION SELF ASSESSMENT

# There are no wrong answers, only opportunities to recognize your patterns and habits and decide what is and isn't working .

What are your **goals**? (Select all that apply

Lose weight?	Improve my nutrition?	
Gain weight?	Improve my overall health?	
Gain muscle?	Improve specific health numbers	
Change my body composition?	(Blood pressure, cholesterol etc)	
Improve athletic performance?	Improve my relationship with food	
More energy	Other	

Based on the goals you selected or created for yourself, what are your top 1-3 priorities?

1.	
2.	
3.	

#### Let's reflect on your past or present habits and see what works well or not.

What do you currently do or what have you tried in the past to work towards these goals? Specific diets, eating practices?

Was it helpful?

(Y)(N)(?)
(Y) N?
(Y) (N) (?)

Are there any habits or practices that you are curious to learn more about or think might be a good fit for your goals and lifestyle?

1.	
2.	
3.	

1.

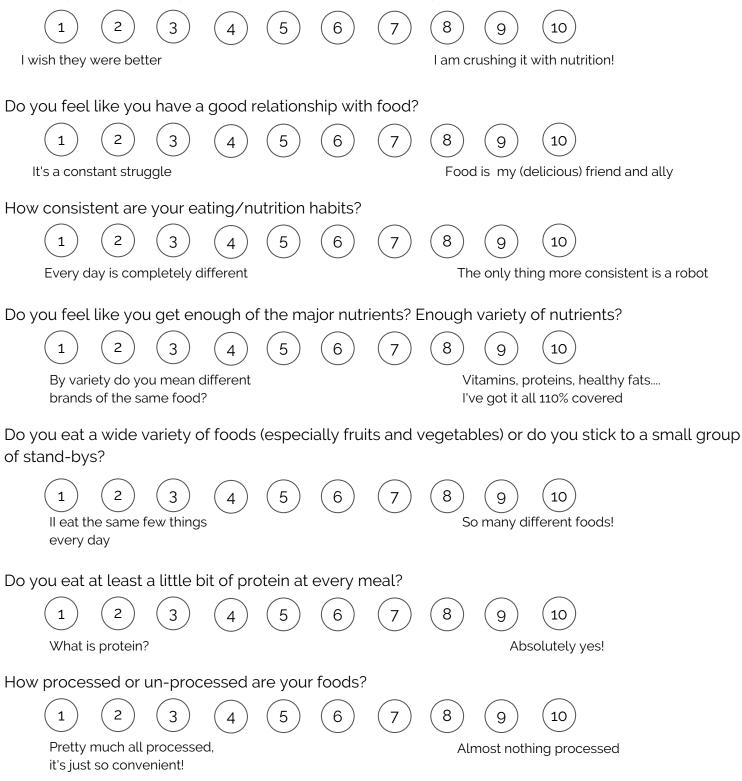
2.

3.



### **Food and Nutrition Relationships**

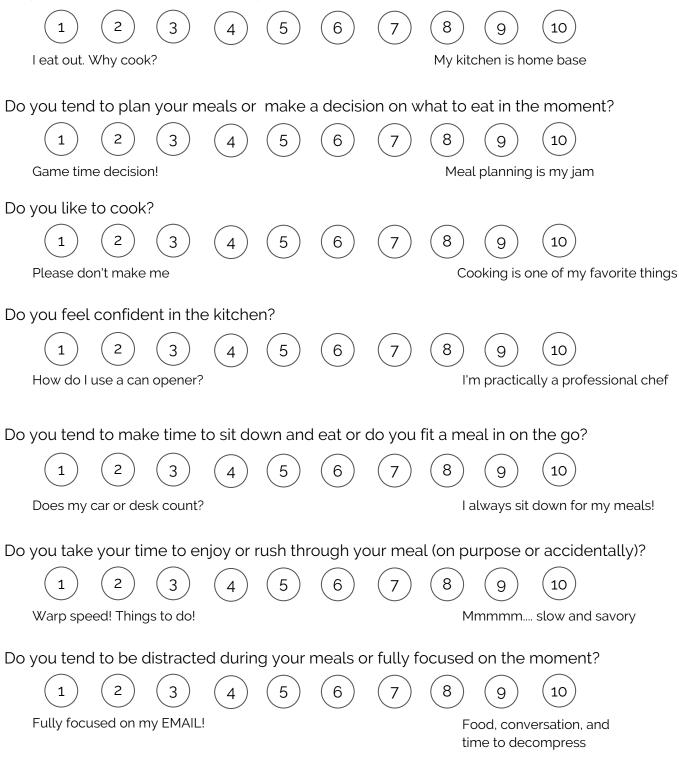
How do you feel about your overall nutrition and/or eating habits?





### **Food and Nutrition Habits and Preferences**

Do you tend to eat out or prepare your own food?





### **Digestion, Hunger, and Cravings**

How many times a day do you eat?

Do you tend to have larger meals or smaller snacks throughout the day? A mix of both?

Do you tend to be hungry often? 1 2 3 4 5 6 ( I'm almost never hungry	7 8 9 10 OMG I'm STARVING! I can never quite eat enough				
Do you feel like you have a good sense of, your own hunger and satiety cues??					
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$	7 8 9 10				
Am I supposed to know when I'm hungry or full?	I 'm totally tuned in to what my body needs and how much				
Do you have a lot of food cravings?					
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	7 8 9 10				
Never	I'm always craving something				
Do you tend to crave the same thing(s) or a few different things? What are they?					

Do you tend to crave things at specific times? After a workout? When you're tired? Stressed?

Finally, how is your digestion? Any issues?	2	
<ul> <li>Upset stomach</li> <li>Cramping</li> <li>Heart burn</li> <li>Bloating</li> </ul>	<ul> <li>Intolerances/Allergies</li> <li>Constipation/Diarrhea</li> <li>Other</li> </ul>	
<ul><li>Do you have regular bowel movements?</li><li>More than 3 a day</li></ul>	• 2-3 a day	• Once or twice a day

- Once every 2-3 days
- A few times a week
- Less than once a week

#### You did it! No judgement, just information.

The Bucking Fit Life Nutrition Masterclass