



# 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)

- |  |  |
|--|--|
| <input type="checkbox"/> Lose weight?                  | <input type="checkbox"/> Improve my nutrition?   |
| <input type="checkbox"/> Gain weight?                  | <input type="checkbox"/> Improve my overall health?  |
| <input type="checkbox"/> Gain muscle?                  | <input type="checkbox"/> Improve specific health numbers<br>( Blood pressure, cholesterol etc) |
| <input type="checkbox"/> Change my body composition?   | <input type="checkbox"/> Improve my relationship with food                                     |
| <input type="checkbox"/> Improve athletic performance? | <input type="checkbox"/> Other _____   |
| <input type="checkbox"/> More energy                   |  |

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?   |
|----------|---|
| 1. _____ | <input type="radio"/> Y <input type="radio"/> N <input type="radio"/> ? |
| 2. _____ | <input type="radio"/> Y <input type="radio"/> N <input type="radio"/> ? |
| 3. _____ | <input type="radio"/> Y <input type="radio"/> N <input type="radio"/> ? |

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. \_\_\_\_\_



## Food and Nutrition Relationships

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

1 2 3 4 5 6 7 8 9 10

I wish they were better

I am crushing it with nutrition!

Do you feel like you have a good relationship with food?

1 2 3 4 5 6 7 8 9 10

It's a constant struggle

Food is my (delicious) friend and ally

How consistent are your eating/nutrition habits?

1 2 3 4 5 6 7 8 9 10

Every day is completely different

The only thing more consistent is a robot

Do you feel like you get enough of the major nutrients? Enough variety of nutrients?

1 2 3 4 5 6 7 8 9 10

By variety do you mean different brands of the same food?

Vitamins, proteins, healthy fats...  
I've got it all 110% covered

Do you eat a wide variety of foods (especially fruits and vegetables) or do you stick to a small group of stand-bys?

1 2 3 4 5 6 7 8 9 10

I eat the same few things every day

So many different foods!

Do you eat at least a little bit of protein at every meal?

1 2 3 4 5 6 7 8 9 10

What is protein?

Absolutely yes!

How processed or un-processed are your foods?

1 2 3 4 5 6 7 8 9 10

Pretty much all processed, it's just so convenient!

Almost nothing processed



## Food and Nutrition Habits and Preferences

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

1 2 3 4 5 6 7 8 9 10

I eat out. Why cook?

My kitchen is home base

Do you tend to plan your meals or make a decision on what to eat in the moment?

1 2 3 4 5 6 7 8 9 10

Game time decision!

Meal planning is my jam

Do you like to cook?

1 2 3 4 5 6 7 8 9 10

Please don't make me

Cooking is one of my favorite things

Do you feel confident in the kitchen?

1 2 3 4 5 6 7 8 9 10

How do I use a can opener?

I'm practically a professional chef

Do you tend to make time to sit down and eat or do you fit a meal in on the go?

1 2 3 4 5 6 7 8 9 10

Does my car or desk count?

I always sit down for my meals!

Do you take your time to enjoy or rush through your meal (on purpose or accidentally)?

1 2 3 4 5 6 7 8 9 10

Warp speed! Things to do!

Mmmmm.... slow and savory

Do you tend to be distracted during your meals or fully focused on the moment?

1 2 3 4 5 6 7 8 9 10

Fully focused on my EMAIL!

Food, conversation, and  
time to decompress



## 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?

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Do you tend to be hungry often?

1 2 3 4 5 6 7 8 9 10

I'm almost never hungry

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??

1 2 3 4 5 6 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?

1 2 3 4 5 6 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?

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

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Finally, how is your digestion? Any issues?

Upset stomach

Intolerances/Allergies

Cramping

Constipation/Diarrhea

Heart burn

Other \_\_\_\_\_

Bloating

Do you have regular bowel movements?

• More than 3 a day

• 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.**