



# PARKER FITNESS

TRAINING & NUTRITION

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## NUTRITION & WEIGHT PROFILE

YOUR NAME \_\_\_\_\_

DATE \_\_\_\_\_

### Basics

DATE OF BIRTH \_\_\_\_\_

HEIGHT \_\_\_\_\_

CURRENT WEIGHT \_\_\_\_\_

IDEAL WEIGHT \_\_\_\_\_

What is the least you have weighed as an adult? \_\_\_\_\_

What is the most you have weighed as an adult? \_\_\_\_\_

How many times have you lost and regained weight? \_\_\_\_\_

What types of diets have you tried? \_\_\_\_\_

Do you have parents or siblings who are overweight?  yes  no

What obstacles are in the way of achieving your weight goal? \_\_\_\_\_

### Food & Nutrition

What do you eat regularly? *(check all that apply)*

Breakfast

Lunch

Dinner

Mid-Morning Snack

Mid-Afternoon Snack

After Dinner Snack

What size portions do you normally have?

Small

Medium

Uncertain

Large

Extra Large

How often do you eat more than one serving?

Never

Sometimes

Usually

Always

Do you eat while doing other activities? *(ex: watching tv, reading, working)*  yes  no

How often do you eat out each week? \_\_\_\_\_



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How many times in a typical week do you eat or drink the following?

\_\_\_ cookies, cake, pie

\_\_\_ muffins

\_\_\_ fast food

\_\_\_ candy

\_\_\_ chocolate

\_\_\_ pizza

\_\_\_ doughnuts

\_\_\_ potato chips

\_\_\_ frozen meals

\_\_\_ ice cream

\_\_\_ fried food

\_\_\_ red meat

\_\_\_ cheese

\_\_\_ rice

\_\_\_ bacon/sausage

\_\_\_ butter

\_\_\_ eggs

\_\_\_ hot dogs/salami

\_\_\_ mayonnaise

\_\_\_ fruit

\_\_\_ chicken

\_\_\_ peanut butter

\_\_\_ vegetables

\_\_\_ seafood

\_\_\_ nuts

\_\_\_ salad

\_\_\_ canned soup

\_\_\_ cereal

\_\_\_ white bread

\_\_\_ baked potato

\_\_\_ whole wheat bread

\_\_\_ pasta

\_\_\_ coffee

\_\_\_ soda

\_\_\_ fruit juices

\_\_\_ Coolatta/Frappuccino

\_\_\_ alcohol

\_\_\_ water

\_\_\_ whole milk/cream