

## Survey

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### Demographics/Anthropometrics

Age: \_\_\_\_\_ Years      Sex: Male / Female

Height: \_\_\_\_\_ Feet \_\_\_\_\_ Inches      Weight: \_\_\_\_\_ Pounds

Description of Body Composition: \_\_\_\_\_

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Reason for Visiting Gym: \_\_\_\_\_

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### Physical Activity

Are You Regularly Physically Active: Yes / No    *If No, Skip Physical Activity Section*

Duration of Physical Activity: \_\_\_\_\_ Hours \_\_\_\_\_ Minutes / Day

\_\_\_\_\_ Hours \_\_\_\_\_ Minutes / Week

What Types of Exercise Do You Generally Participate In (*Circle All That Apply*):

Aerobic / Strength / Flexibility / Balance

Description of Exercises: \_\_\_\_\_

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### General Diet

Following a Diet Plan: Yes / No    Name of Diet (*If Applicable*): \_\_\_\_\_

Description of Diet (*Diet Plan or General*): \_\_\_\_\_

\_\_\_\_\_ Daily Calorie Intake: \_\_\_\_\_

Dietary Restrictions: Yes / No    Reason for Restriction (*If Applicable*): \_\_\_\_\_

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**Testing Nutrition Knowledge**

1) Name The 5 Major Food Groups:

\_\_\_\_\_

\_\_\_\_\_

2) Name The 3 Major Macronutrient Groups:

\_\_\_\_\_

3) 'In order to lose weight, you must restrict what you eat' True / False

4) 'It is impossible to burn body fat if you eat carbs' True / False

5) 'On average, people do not eat enough protein' True / False

6) 'All sugar is bad for you' True / False

7) 'Eating fat results in gains in body fat' True / False

8) 'Coconut oil is the healthiest oil on the market' True / False

9) Proteins Are Made From:

- A. Fatty acids
- B. Amino acids
- C. Simple sugars
- D. Muscle fibers

10) Which of the Following Is Not a Complete Protein?:

- A. Grilled chicken
- B. Rice and beans
- C. Poached eggs
- D. None of the above

11) Which of the Following Has a High Saturated Fat Content?:

- A. Coconut oil
- B. Butter
- C. Olive oil
- D. A and B

12) Name a Good Source of Fiber: \_\_\_\_\_

13) Name a Food High in Carbohydrates: \_\_\_\_\_

*Please Be Honest And Answer To The Best Of Your Ability*

### **Food Frequency**

*Please Circle Choice Indicating Frequency Of Consumption For Each Of The Food Groups*

*Approximate Serving Sizes Listed For Reference*

Fruits: *(Serving: 1/2 cup frozen or juice, 1 cup fresh, 2 tablespoons dried)*

0 Servings/Week      1-2 Servings/Week      3-4Servings/Week      5-6Servings/Week  
1-2 Servings/Day      3-4 Servings/Day      5+ Servings/Day *(Elaborate Below)*

Description: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Vegetables: *(1/2 cup cooked, 1 cup raw)*

0 Servings/Week      1-2 Servings/Week      3-4Servings/Week      5-6Servings/Week  
1-2 Servings/Day      3-4 Servings/Day      5+ Servings/Day *(Elaborate Below)*

Description: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Grains/Starch: *(1/2 cup cooked cereals or grains or starchy vegetables, 1/3 cup cooked rice or pasta, 1 ounce of bread product)*

0 Servings/Week      1-2 Servings/Week      3-4Servings/Week      5-6Servings/Week  
1-2 Servings/Day      3-4 Servings/Day      5+ Servings/Day *(Elaborate Below)*

Description: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Please Be Honest And Answer To The Best Of Your Ability*

Proteins: (1 egg; 1 ounce cooked meat, poultry, fish, and hard cheese: approximately the size of a small matchbox; plant-based varies highly)

0 Servings/Week    1-2 Servings/Week    3-4Servings/Week    5-6Servings/Week

1-2 Servings/Day    3-4 Servings/Day    5+ Servings/Day (*Elaborate Below*)

Description: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Dairy: (1/2 cup high-fat, 1 cup low-fat)

0 Servings/Week    1-2 Servings/Week    3-4Servings/Week    5-6Servings/Week

1-2 Servings/Day    3-4 Servings/Day    5+ Servings/Day (*Elaborate Below*)

Description: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **Hydration**

How Much Water Do You Consume Daily?: \_\_\_\_\_ cups    (*Based On 8 Ounce Cup*)

Do You Consume Fluids Other Than Water?: Yes / No    If Yes, How Much? \_\_\_\_\_ cups

Description Of Other Fluids (*If Applicable*): \_\_\_\_\_

\_\_\_\_\_

### **Nutrition Concerns / Suggestions**

*Your Opinion Matters To Me!*

Nutrition Concerns or Suggestions For Future Programs \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_