

ELITE BOOTCAMP TRAINING

NUTRITIONAL HABITS INTERVIEW



Hippocrates, considered a medical leader to this day, discovered thousands of years ago, "one person's food is another's poison."

Awareness and Understanding are the first two keys to changing your Nutritional Habits. This could be the most important factor in determining the results you achieve. You exercise 2 or 3 hours out of the week and maybe 2 hours by yourself (if your lucky right).

Which leaves 165 or so hours by yourself to make the right decisions!

There are many things to discuss and get you pointed in the right direction.

Please allow yourself 20 minutes to complete this interview... be honest!

Lets get started...



NAME

AGE / HT / WT

DATE

FOOD PLAN GOALS

BACKGROUND INFO / OTHER DIETS?

MEDS AND VITAMINS/ SUPPLEMENTS

EATING HABITS – GRAZE/ SNACK, 3 MEALS, WHEN UNDER STRESS, LATE NIGHT

WORK PLACE & DAILY SCHEDULE – PACK LUNCH? OUT TO EAT?

LIST ALL THE FOODS YOU EAT CURRENTLY AND FOODS YOU DISLIKE. BE HONEST!

LIKES

YUCK!!

FRUITS
ANY DRIED
FRESH

VEGGIES
RAW

COOKED

BEANS/LEGUMES

TOFU/SOY

EGGS
ORGANIC

DIPS, SAUCES
SPREADS
GUAC
HUMMUS

HERBS/
SPICIES

NUTS/
SEEDS
NUT BUTTERS

OILS

CONDIMENTS

KITCHEN APPLIANCES (IF YOU KNOW WHAT A KITCHEN IS HAHA!!) BLENDER, FOOD PROCESSOR, JUICER, TOASTER/OVEN, GRILL, FOREMAN GRILL, STEAMER ?

RESTURANTS/ FAST FOOD, FREQUENCY

LIKE OR DISLIKE TO COOK?

SPOUSE / FAMILY EATING PATTERNS

WHERE YOU BUY GROCERIES AND HOW OFTEN:

MEATS

DIARY

BREAD

PASTA

GRAINS

CEREALS:

SWEETS – BAKED GOODS, COOKIES, CAKE, ETC..

SNACK FOODS – CHIPS, CRACKERS, PRETZEL, NUTS, POPCORN, ETC

BEVERAGES

WATER – HOW MUCH ? (RECOMMENDED HALF YOUR BODY WEIGHT IN OZ)

COFFEE – BLACK, CREAMER, SUGAR, CAPPUC, LATTES, DECAF, REG
A.M CUPS AND PM CUPS

TEA – HERBAL, DECAF, CAF, GREEN, SWEETENER, ETC

ENERGY DRINKS

MILK – DIARY, SOY, RICE, ALMOND, NONE

JUICE – COMMERICAL, FRESH/ JUICER, NONE

SODA – REG, DIET, ETC

ALCOHOL – WINE, BEER, LIQUIOR, ETC NONE



WHAT FOODS IN CURRENT FOOD PLAN CAN AND OR CAN NOT BE TOTALLY ELIMINATED?

THANK YOU FOR COMPLETING THIS NUTRITION INTERVIEW

RECOMMENDED READING (DO YOU HAVE A LIBRARY OF BOOKS..? ADD THESE ONES)

"HOW TO EAT, MOVE AND BE HEALTHY" BY PAUL CHEK

"YOU ON A DIET" BY DR MEHMET OZ

"YOU STAYING YOUNG" BY DR OZ

"10 RULES OF HIGH PERFORMANCE LIVING" BY BARNET MELTZER MD

"WISDOM OF MENOPAUSE" BY CHRISTIANE NORTHUP

SUZANNE SOMERS HAS SOME INTERESTING BOOKS ON HORMONES

I'LL LOOK FORWARD TO MAKING A FEW SUGGESTIONS.

CHAD :)



P.S

I RECOMMEND TAKING VEMMA AS YOUR LIQUID MULTI-VITAMIN AND MINERAL SUPPLEMENT.

**VEMMA NEXT IS FOR CHILDREN 2-12 YEARS OLD.
VERVE IS A HEALTHY ENERGY DRINK
VEMMA THIRST REPLACES SPORTS DRINKS**

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