



Client assessment



Date

Name

Age

Height

Weight

DIETARY
PREFERENCES

SESSION
FOCUS





Food diary

Record all your food and drink consumed over 3 days.

Record the time the food or drink was consumed.

Include one training day, one rest day and one weekend day in your diary.

Provide as much detail as possible about food and drink:

- ◆ Recipe details - ingredients, cooking method, cook in sauces
- ◆ Branded products - snacks, drinks, ready meals
- ◆ Shop bought meals - high street food outlet name
- ◆ Nutrition - low fat, low sugar, fortified (breakfast cereals, snacks, drinks) wholemeal

Provide information on portion sizes:

- ◆ Household measures - plates, bowls, glass type, spoon size
- ◆ Other measures - pack of cards, matchbox, fist, palm, thumb, tennis ball, mobile phone
- ◆ Exact measures from pack in grams
- ◆ Take a photo using your mobile phone to record food and drink if this is easier

DAY
1





Food diary

DAY
2

DAY
3





FLUID INTAKE

1 2 3 4 5 6 7 8

Hydrated Mildly dehydrated Dehydrated Extremely dehydrated





Diet and fluid feedback



Diet and fluid feedback



Diet strategy



Menu guidance

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Additional information
