

Client assessment



Date		
Name		
Age	Height	
Weight		
DIETARY PREFERENCES		
SESSION FOCUS		





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	





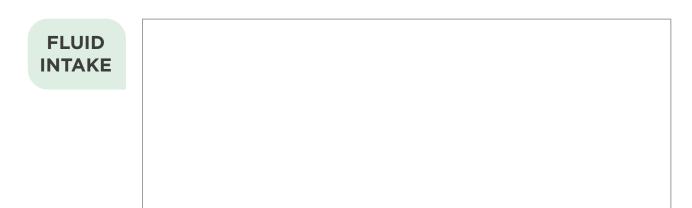
Food diary

DAY 3			

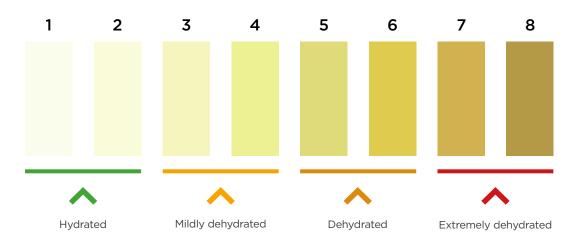




Record your fluid intake across the day - give amounts in ML or L and record the time.



Record the colour of your urine (number) on a training day on the given times below.

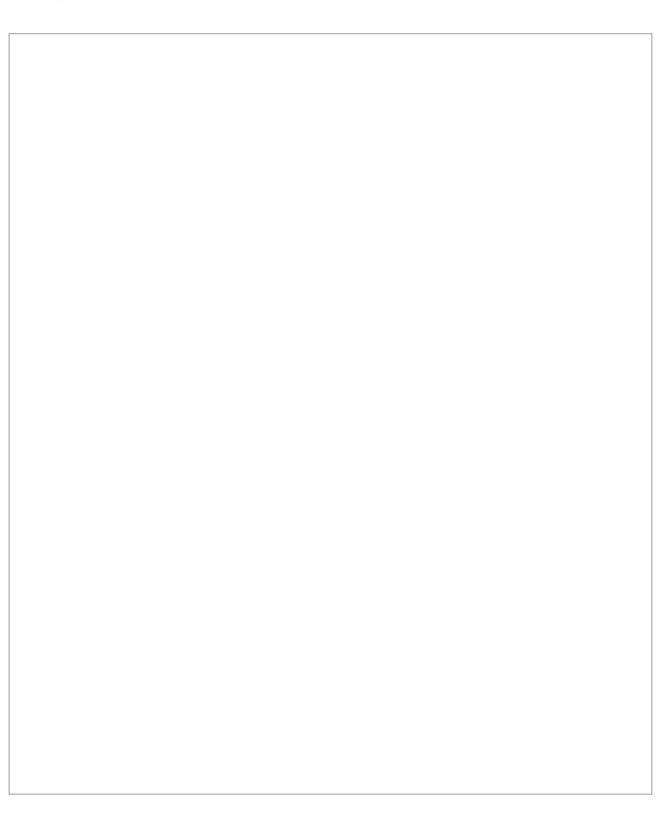


Wake up Post training/midday Evening





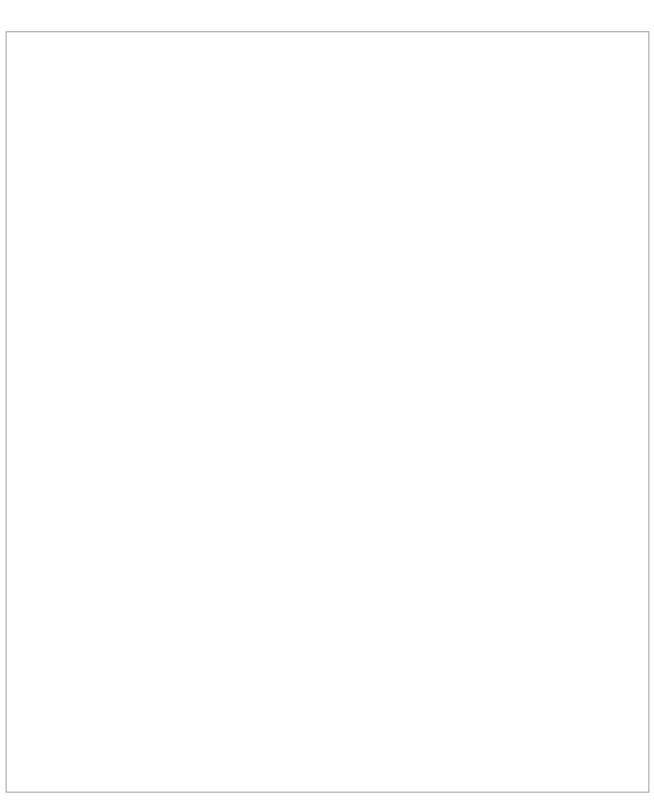
Diet and fluid feedback







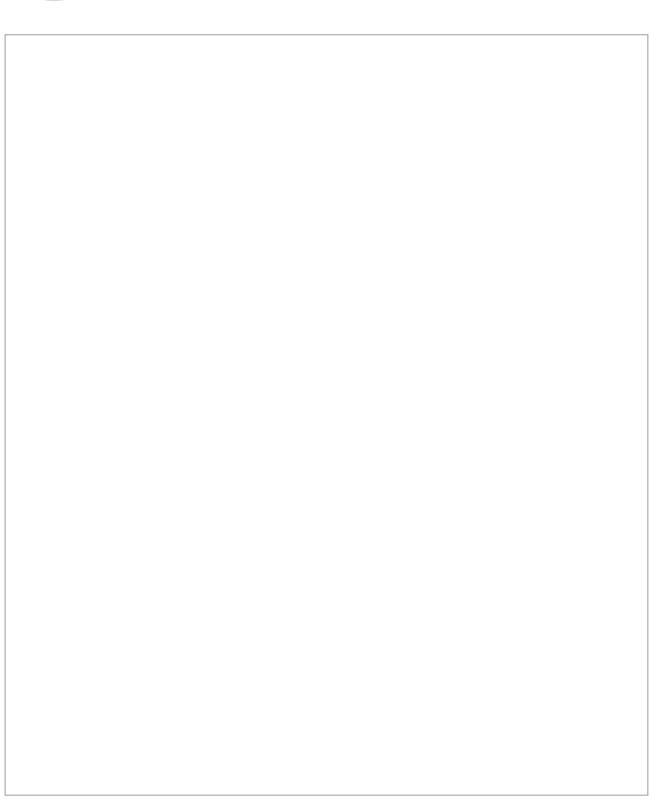
Diet and fluid feedback







Diet strategy









Menu guidance







Additional information

