



# Diet and Lifestyle Audit™

Name: \_\_\_\_\_

Assessment Date: \_\_ / \_\_ / \_\_



# How to complete this assessment

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- ❑ The following **Diet and Lifestyle Audit™** is comprised of 20 questions.
- ❑ It will ask you about the foods or drinks you consume as well as some lifestyle habits such as your physical activity, stress levels, and sleep quality.
- ❑ Read each question carefully.
- ❑ Then check either “Yes” or “No” to indicate whether the question is generally accurate for you and reflective of your diet and lifestyle over the **past 3 months**.
- ❑ This is a judgement-free zone, so be as honest as you can.
- ❑ Ready? Then let's get completing this questionnaire!

# Diet and Lifestyle Audit™

Read the following questions, and check either “Yes” or “No	Yes	No
Do you add a sugar, honey, or syrups to your drinks or as a sauce on foods daily?	<input type="checkbox"/>	<input type="checkbox"/>
Do you consume sugary drinks like cola, lemonade, flavoured milk, concentrated or natural fruit juices (such as orange juice or commercial smoothies) almost daily?	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink more than two cups of coffee (ca. 200mg caffeine) on most days?	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink more than 1 unit of alcohol (e.g. one 175ml glass of wine, one pint of beer, or two measures of 40%-strength spirits) per day?	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat fried foods more than twice a week?	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat high-fat, heavily-processed ‘fast food’ more than twice a week?	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat more than 400 grams of cooked white rice, white bread, bagels, waffles, buns, pretzels, or crackers daily?	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat foods containing additives and preservatives on most days?	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat sugary foods such as cakes, cookies, desserts, pastries, muffins, sweets, or milk chocolate almost every day?	<input type="checkbox"/>	<input type="checkbox"/>
Do you microwave or heat foods in plastic containers on most days?	<input type="checkbox"/>	<input type="checkbox"/>



# Diet and Lifestyle Audit™

Read the following questions, and check either “Yes” or “No	Yes	No
Do you tend to burn or overcook food, or use food preparation methods such as frying, dark-toasting, barbecuing, or grilling on most days?	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat processed or cured meats (such as sausages, ham, smoked salmon, or commercial beef burgers) more than twice a week?	<input type="checkbox"/>	<input type="checkbox"/>
Does less than a third of your diet consist of fruit, vegetables, seeds, or legumes?	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink less than 2 litres of plain water, sugar-free flavoured water, herbal teas, or non-alcoholic fluids per day?	<input type="checkbox"/>	<input type="checkbox"/>
Are you completely sedentary or exercise less than 2 days a week?	<input type="checkbox"/>	<input type="checkbox"/>
Do you engage in intensive exercise more than 2 hours a day, 5 days a week?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel stressed, worried, anxious, or overwhelmed on most days?	<input type="checkbox"/>	<input type="checkbox"/>
Do you sleep very little or wake up feeling tired and unrested on most days?	<input type="checkbox"/>	<input type="checkbox"/>
Do you smoke or are exposed to second-hand smoke daily?	<input type="checkbox"/>	<input type="checkbox"/>
Are you exposed to very high pollution levels, heavy car fumes, or gardening pesticides daily?	<input type="checkbox"/>	<input type="checkbox"/>



# Totalling your score

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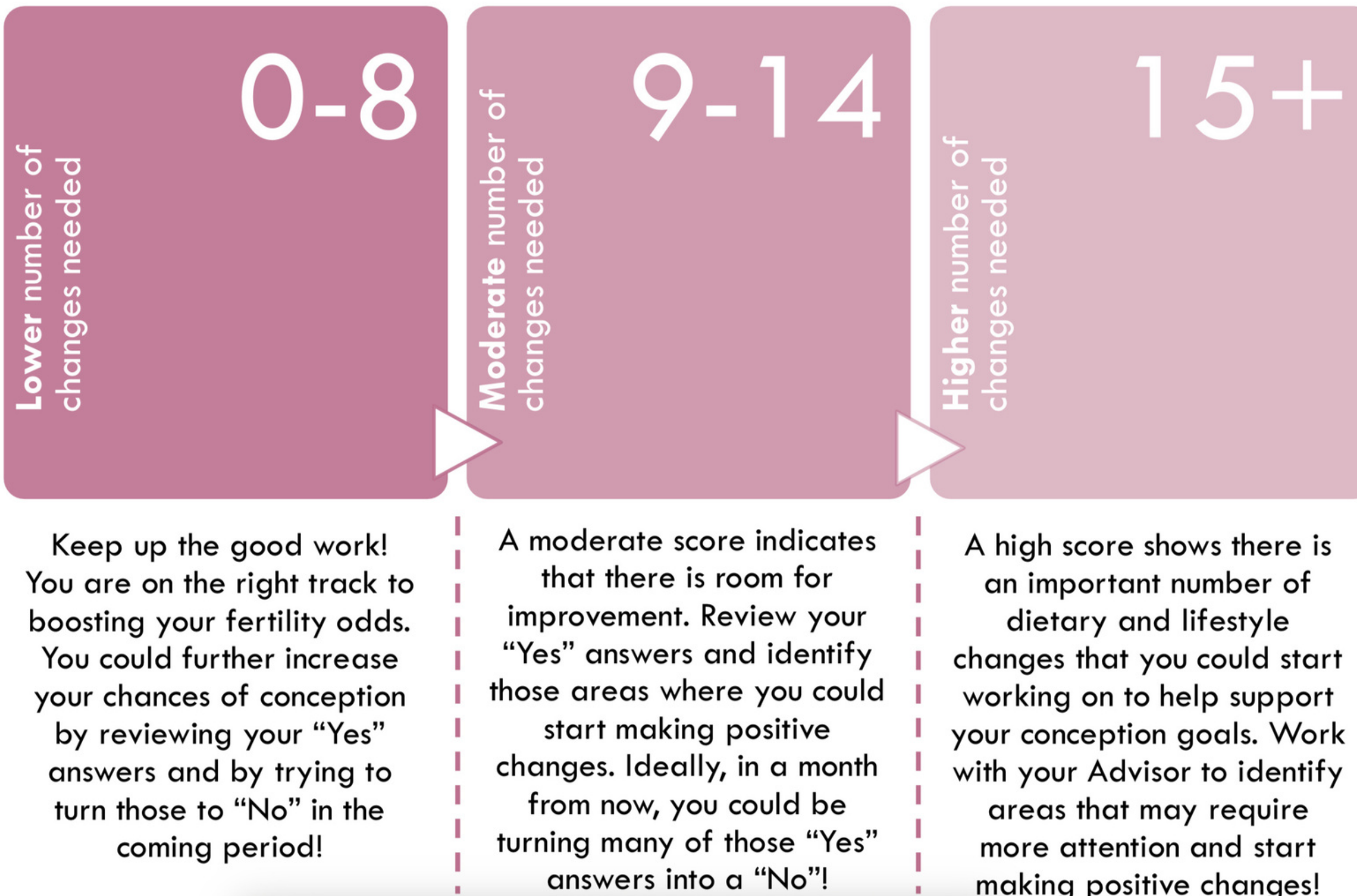
- Now, add up the number of 'YES' responses that you have circled in your **Diet and Lifestyle Audit™**.
- What's your total score? Write it down below.

My Diet and Lifestyle Audit™ score is:

- Next, identify where your score fits in the **Diet and Lifestyle Audit Scale™** on the next page.



# Diet and Lifestyle Audit Scale™





# Your score explained

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- Did you score in the “moderate” or “high” categories?
- This might suggest that there might be certain dietary or lifestyle habits potentially lowering your fertility odds.
- Having a poor diet can make it more difficult to conceive.
- Improving your diet and other habits can improve your chances of conception.
- Work with your advisor in order to turn your “yes” answers into “no” in order to boost your fertility odds.



# Well done!

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You have completed the  
**Diet and Lifestyle Audit™**.

Remember that our evaluations assess risk but do *not* “diagnose” a condition *nor* replace medical advice. If you are concerned about any of your health symptoms, you should consult a medical doctor immediately.



# TAKE ACTION NOW

*Book a Free Discovery Call*

And improve your chances to  
conceive with the  
Fertility Nutrition Advisor  
Juliana Avella

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