



318 Nutrition Coaching  
By  
The Training Ground, NWLA

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Demographic Information:

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

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Cell #: \_\_\_\_\_ Email: \_\_\_\_\_

What type of activity does your occupation/lifestyle require?

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How did you find out about 318 Nutrition Coaching?

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Rank the below Goals according to their personal importance (1 being most important)

- Understanding Calories & Increasing Energy \_\_\_\_\_
- Understanding Macronutrients (Protein, Carbohydrates, Fats) \_\_\_\_\_
- Learning about Gut Health (Fiber & Processed Foods) \_\_\_\_\_
- Learning how to Meal Prep & Choose Healthier Foods \_\_\_\_\_
- Understanding Sleep & Effects on Health \_\_\_\_\_
- Decreasing Stress & Effects on Health \_\_\_\_\_
- Learning how to eat out and travel healthily \_\_\_\_\_
- Losing Fat & Increasing Lean Muscle Mass \_\_\_\_\_



**Mark what levels of commitment you are looking for in a coach.**

- 1) \_\_\_\_\_ I have questions here and there about the food choices I make. I just need a little guidance but not necessarily a weekly check in or an accountability coach.
- 2) \_\_\_\_\_ I'm interested in learning more about nutrition and health but my lifestyle doesn't allow for the commitment of a consistent weekly coaching check in or tracking all the details of everything I put in my mouth.
- 3) \_\_\_\_\_ I need 1 on 1 weekly accountability and guidance from a nutrition coach. I am willing to track my nutrition and follow a specific regimen to get the results I desire.
- 4) \_\_\_\_\_ Other: Explain:

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If you've marked level 1 or 2, please ask our nutrition coaching staff about the below resources we've built to assist you along your journey!

- a) Tell Me What to Eat Club
  - i) Membership Site w/ access to resources like meal plans, podcasts, macronutrient goals, snack swaps and other pdf documents pertaining to answering your nutrition questions.
  - ii) \$5 or \$10/month tier options
  - iii) [patreon.com/tellmewhattoeatclub](https://www.patreon.com/tellmewhattoeatclub)
- b) Downloadable Nutrition Lessons and Worksheets
  - i) Available on our Etsy Shop TTGNutritionCoach
  - ii) \$10 per lesson digital download
  - iii) <https://www.etsy.com/shop/TTGNutritionCoach>

If you've marked level 3 or 4 please continue filling out this questionnaire on the next page.



What medical concerns might be important for us to know prior to working together on a nutrition regimen?

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What does your lifestyle look like on a day to day basis? What type of movement do you do while at work? Are you at a desk or in a vehicle all day? Do you perform manual labor? Etc?

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What concerns (if any) do you have around disordered eating or negative habits around food?

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What food allergies/intolerances should we be aware of in our guidance with you?

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What are your “go to” breakfast foods/beverages?

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What are your “go to” lunch/brunch foods/beverages?

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What are your “go to” dinner foods/beverages?

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What are your “go to” pre/post workout foods/beverages (if any)?

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What restaurants (fast food, casual or fine dining) do you typically end up at daily/weekly/monthly?

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What has worked well for you in the past with respect to nutrition?

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What has NOT worked for you in the past with respect to nutrition?

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What are your fears surrounding work with a nutrition coach?

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What actions have you taken on your own with respect to reaching your nutrition goals?

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What are you most excited about with respect to working with a nutrition coach?

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Are you open to tracking your nutrition?

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What are the biggest items you feel you need from a nutrition coach?

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Are you open to an intern sitting in on sessions for learning/teaching purposes? \_\_\_\_\_

Are you open to an audio/video recording of our sessions for teaching purposes? \_\_\_\_\_

***Disclaimer: (Please Initial)***

\_\_\_\_\_ I recognize that it is my responsibility to work directly with my healthcare provider before, during and after seeking nutrition/fitness coaching.

\_\_\_\_\_ Any information provided is not followed without prior approval from my doctor. If I choose to use this information without such approval I agree to accept full responsibility for my decision.

\_\_\_\_\_ TTG 318 Nutrition Coaching staff maintains a strict 24 hour cancellation and rescheduling policy. If I need to make a change to my scheduled sessions, I will provide a minimum of 24 hours notice. If I do not provide that minimum notice, I understand that I will be charged for that session.

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**Client Name Signature**

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**Date**