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# ONE LEAF FITNESS

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ONELEAFFITNESS.COM



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## Personal Information

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

Age: \_\_\_\_\_

Male / Female

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

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

What do you do for a living? \_\_\_\_\_

What activity level is required for your profession: Low / Moderate / High

What is your work schedule?

M: \_\_\_\_\_ T: \_\_\_\_\_ W: \_\_\_\_\_ TH: \_\_\_\_\_ F: \_\_\_\_\_ SA: \_\_\_\_\_ SU: \_\_\_\_\_

Do you have any known allergies to food? Y / N If YES, please list here: \_\_\_\_\_

On average, how many days a week do you perform physical activity? \_\_\_\_\_

How long is your average workout? \_\_\_\_\_

On average, how many hours of sleep do you get? \_\_\_\_\_

Do you have any current or past injuries that cause you pain on a daily basis? Y / N

What are they, explain in detail? \_\_\_\_\_

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Is there anything else that I should know that might possibly interfere with any nutrition or physical training regimen? \_\_\_\_\_

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List your favorite foods, or specific foods or drinks you cannot live without (both good and bad!) \_\_\_\_\_

\_\_\_\_\_

List foods you absolutely cannot stand! \_\_\_\_\_

\_\_\_\_\_

What are your physical and nutritional goals for yourself? Think on a short term basis for right now, within the next 6 months? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If you are not currently exercising regularly, have you ever been on a consistent exercise plan? Y/N

If YES, How long ago? How long did it last? Did it fulfill your needs? Why/Why not?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What questions or concerns do you have for myself? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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Here are some small guidelines to help you in tracking your meals accurately and effectively:

- A meal counts for every time you eat, whether it's a full meal, a snack, or beverages (coffee, alcohol, shakes, etc.) if consumed without a meal.
- When tracking meals it's crucial to record the amount that you consume. For example: Bacon (3 slices), Almonds (1/2 cup), Coffee (8oz). If you cannot remember get as close to possible, even if describing by handful or any other measurement.
- Be sure to track all the beverages that you intake with every meal and the amounts, this will make sure that I can accurately track your fluid and caloric intake.
- Record the time that you consumed the meal so I am able to track your current eating habits.
- Don't overthink what you are or are not eating or drinking, I won't be able to gather accurate data if you are not 100% honest!

When tracking your exercise:

- For weightlifting: Make sure to track exercise, weight lifted, and reps.
- For cardio: Make sure to track the intensity range and times.

If you have any questions or need help, please reach out, I'm here to help! :)

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal 1							
Time: _____							
Meal 2							
Time: _____							
Meal 3							
Time: _____							
Meal 4							
Time: _____							
Meal 5							
Time: _____							
Meal 6							
Time: _____							
Meal 7							
Time: _____							
Meal 8							
Time: _____							
Meal 9							
Time: _____							
Meal 10							
Time: _____							

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal 1							
Time: _____							
Meal 2							
Time: _____							
Meal 3							
Time: _____							
Meal 4							
Time: _____							
Meal 5							
Time: _____							
Meal 6							
Time: _____							
Meal 7							
Time: _____							
Meal 8							
Time: _____							
Meal 9							
Time: _____							
Meal 10							
Time: _____							

WORKOUT LOG

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							