

# LIFESTYLE HABITS



Briefly describe your current diet: \_\_\_\_\_

\_\_\_\_\_

Which of the following best describes you at this time:

Actively Trying to Lose Weight

Maintenance    Trying to Gain Weight

I don't care about my weight at all

Do you exercise? Y or N

How many days/week?    1-2    3-4    5-7    Multiple times a day

What type of exercise do you do? \_\_\_\_\_

Day in the Life: Please give a general rundown of what you do on a typical day from waking up to going to bed:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you have any daily habits you **MUST** complete daily to feel fulfilled?

(Exs. Fasting, coffee, caffeine, exercise, meditation, eating "right", religious practices, etc.)

\_\_\_\_\_