



**Name:**

**Date of Birth:**

**Mailing Address:**

**Phone:**

**Email:**

**How did you hear about Ultrasound Nutrition?**

**What is/are your primary reasons for seeking nutrition counseling?**

**What do you hope to gain from our sessions?**

### **Medical History**

Current medical conditions (Type 2 Diabetes, Gestational Diabetes, Preeclampsia, Anemia, etc)

Past Medical Conditions

**Current Medications (Prescription and Over the Counter)**

Medication	Dosage	Frequency	Purpose

**Supplements**

Supplement	Dosage	Frequency	Purpose

**Weight History**

Height:

Weight:

Desired Weight (if different):

Last time you were at desired weight:

Has your weight changed recently?

If so, how much did you gain or lose over what amount of time?

Please list any notable weights or weight changes with age and time period (i.e. high school, college, 1<sup>st</sup> pregnancy):

Have you ever been on a diet or tried to lose weight?

**If so, which methods or programs did you use and what were your results?**

**Do you have any food allergies or intolerances? If yes, please list.**

**Do you have any other dietary restrictions (i.e. Vegan, Kosher)? If yes, please list.**

### **Health Habits**

**Describe your sleep habits. Is your sleep restful? Do you have trouble falling or staying asleep? How many hours of sleep is ideal for you and how many do you usually get?**

**Do you use tobacco products? If yes, what kind and how often?**

**Do you consume alcohol? If yes, how much and how often?**

*For Reference: A Standard drink is 5 ounces of wine, 12 ounces of beer, or 1.5 ounces of hard liquor.*

**How active is your day to day life?**

- Sedentary (i.e. desk job)
- Somewhat Active (i.e. retail worker)

- Active (i.e. personal trainer)
- Very Active (i.e. construction worker)

**How often do you cook? How often do you eat out?**

## **Food Diary**

**Please describe what you ate yesterday and the approximate amounts:**

**Please describe what you eat on a “typical” day and the approximate amounts if yesterday was not typical for you:**