Nutrition Assessment:

Please use the space below to provide me with information about your training, lifestyle, injury and medical history:

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Please complete the following **food and training diary** recording everything you eat and drink **for 3 days**.

Indicate times of food intake, amounts, ingredients of recipes and brands if not homemade.

Please also include all daily training: times, type and intensity from 1-5 with 1 being an easy session and 5 being a tough session.

If possible, also try to indicate *how you felt during and after your training* i.e. tired, energised, sore.

If appropriate also *document if you had any anxieties about training or the food* you consumed.

DAY 1: Food and Training Diary

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 Date and Day of The Week

|  |  |  |
| --- | --- | --- |
| **Training time, type, and intensity**Provide as much information as possible – HR values | **Motivation to Train and Energy Levels**Before, during and after session | **Food Intake** |
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DAY 2: Food and Training Diary

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 Date and Day of The Week

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| --- | --- | --- |
| **Training time, type, and intensity**Provide as much information as possible – HR values | **Motivation to Train and Energy Levels**Before, during and after session | **Food Intake** |
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DAY 3: Food and Training Diary

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 Date and Day of The Week

|  |  |  |
| --- | --- | --- |
| **Training time, type, and intensity**Provide as much information as possible – HR values | **Motivation to Train and Energy Levels**Before, during and after session | **Food Intake** |
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