



**BSc(hons) PGDIP (diet) RD PGCERT (sportsnut) SENr
Specialist in REDs, Eating Disorders, Female Athletes and Athlete Health**

Nutrition Assessment:

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

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*.



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DAY 1: Food and Training Diary

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

Date and Day of The Week

<p>Training time, type and intensity</p> <p>Provide as much information as possible – HR values</p>	<p>Motivation to Train and Energy levels</p> <p>before, during and after session</p>	<p>Food Intake</p>



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DAY 3: Food and Training Diary

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