

General Nutrition Questionnaire

Please complete all sections of the form and indicate where necessary if sections do not apply. Please write in CAPITALS.

First name	Surname
Sport	Team (s)
Date	
Address	
Postal code	Telephone
	Mobile
E-mail at home	
Name(s) coach(es)	

Questionnaire (tick box)				
1. Do you have breakfast every day?	<input type="checkbox"/> Always	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
2. Do you often drink <i>during</i> training?	<input type="checkbox"/> Always	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
3. Do you eat in the first hour after training?	<input type="checkbox"/> Always	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
4. Do you take food/drinks with you when you travel?	<input type="checkbox"/> Always	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
5. Do you often eat out?	<input type="checkbox"/> Always	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
6. How much alcohol do you drink per week?	<input type="checkbox"/> >3 drinks	<input type="checkbox"/> 2-3 drinks	<input type="checkbox"/> 1-2 drinks	<input type="checkbox"/> <1 drink
7. Do you check food labels?	<input type="checkbox"/> Always	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
8. Do you like to try new foods when away from home?	<input type="checkbox"/> Always	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
9. Did you ever see a nutritionist?	<input type="checkbox"/> Several times	<input type="checkbox"/> Twice	<input type="checkbox"/> Once	<input type="checkbox"/> Never
10. Do you use nutrition supplements?	<input type="checkbox"/> Always	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
Supplements (If you use any supplements please list them below (with brand name if possible and why you use them))				
If you have a drink during or after training, what do you usually use?				
What size drinks bottle do you use?				