

Macrolytes Client Intake Form

Intake Form: Please answer honestly

Start Date: _____

Email: _____

Phone: _____

Name: _____

Age: _____

Weight: _____

Height: _____

Goal: _____

You may leave a question blank if you are unsure. This is just a guide to help us find a good fit for you. There will be space at the end for you to tell us any other useful information. Please return to Macrolytes@gmail.com

1. I am comfortable working with: (Select all that apply)

- a. A male coach
- b. A female coach
- c. I want one coach specifically _____

2. At my job:

- a. I'm at a desk most of the day
- b. I'm on my feet most of the day
- c. I do a little of both

3. My exercise routine is:

- a. Vigorous (weight lifting, 300+calorie cardio sessions)
- b. Moderate (cardio, dance classes, running)
- c. Light (walking, yoga)

4. My ultimate goal with my Nutrition Coach is to: (Select all that apply)

- a. Lose Weight
- b. Gain Weight
- c. Muscle Definition
- d. Feel Better

5. My biggest food indulgence is: (Select all that apply)
- a. Going out to eat
 - b. Drinking with Friends
 - c. Snacking/Desserts
6. What makes me struggle the most with my weight is: (Select all that apply)
- a. My job/busy schedule
 - b. Dieting never works long term
 - c. I like eating too much!
7. Are you taking medications?
- a. Yes (Please List) _____
 - b. No
 - c. Yes but none that affect my weight (vitamins, probiotics, etc)
8. I would be happiest with: (Select all that apply)
- a. A strict diet and meal plan
 - b. Flexible eating where no food is off limits
 - c. Nutrient Timing to get the most out of my workouts
9. I am comfortable using/operating: (Select all that apply)
- a. MyFitnessPal App on my smart phone
 - b. FaceBook
 - c. FaceTime
10. My commitment level is:
- a. 100%
 - b. Weekdays only
 - c. I start off good at first, then burn out

11. Do you have any medical conditions?

- a. Yes _____
- b. No
- c. Yes but not that affect my nutrition

12. How many times a day do you prefer to eat?

- a. 2
- b. 3
- c. 4 or more

13. How long are you awake before you typically eat?

- a. Less than an hour
- b. 1-2 hours
- c. 3 hours or more

14. I typically exercise:

- a. Never
- b. 2-3x/week
- c. 4-5x/week
- d. 6x/week or more

15. What is your biggest motivator? (Select all that apply)

- a. Energy for Kids
- b. Health Complications
- c. Look More Attractive

Please list any other useful information:

PLEASE EMAIL THE COMPLETED FORM TO MACROLYTES@GMAIL.COM.