

BIOFIT

BLUEPRINTBOOTCAMP

History Taking Nutrition, Exercise and Sleep

Dr. Ritamarie Loscalzo

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Current Health and Exposures

Nutrition and Lifestyle Questionnaire

- ✓ Foods eaten and foods avoided
- ✓ Food frequency survey
- ✓ Eating habits and environment
- ✓ Hydration
- ✓ Unhealthy habits: alcohol, caffeine, tobacco
- ✓ Exercise habits
- ✓ Sleep habits
- ✓ Stress



Diet and Habits Questionnaire

Current Health and Exposures

Exercise Habits and History

- ✓ Frequency
- ✓ Duration
- ✓ Balance: yoga, core, cardio
- ✓ Ratio of cardio and resistance
- ✓ Recovery time
- ✓ Soreness between workouts
- ✓ Cramps
- ✓ Water intake



Exercise Habits Form

Current Health and Exposures

Sleep Habits and History

- ✓ Typical bedtime
- ✓ Usual arise time
- ✓ Average hours of sleep
- ✓ Quality of sleep
- ✓ Difficulties falling asleep
- ✓ Difficulties staying asleep
- ✓ Quality of sleep
- ✓ Sleep environment
- ✓ Awaken refreshed?



Sleep Habits Form