



INE | INSTITUTE OF
NUTRITIONAL
ENDOCRINOLOGY

History Taking: Nutrition, Exercise, and Sleep

Dr. Ritamarie Loscalzo



Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



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

