



The four main topics that effect weight gain/loss include: sleep, stress, nutrition and exercise. The following questions are related to these topics and will help the dietitian to better understand how your lifestyle effects your weight. Please answer as honestly as possible.

SLEEP: *Did you know that for every consecutive hour that you sleep you burn 90 calories?*

1. How many hours of sleep do you get per night? _____
2. Do you wake up in the middle of the night? _____ If so, how many times? _____
3. Do you sleep alone?
4. Have you ever been tested for sleep apnea?

STRESS: *Did you know that stress level can cause weight gain?*

1. On a scale of 1-10 (10 being worst), what would you consider your stress level to be? _____
2. What do you do to relieve stress? _____
3. How does your body react to stress? _____

NUTRITION: *Did you know that by NOT eating enough calories daily you can gain weight?*

1. How many meals do you eat per day? _____
2. Do you ever skip meals? _____ How often? _____
3. How many snacks do you usually have per day? _____
4. Do you try to stay within a specific calorie count per day? _____ How many calories? _____
5. Any dietary or cultural restrictions? _____
6. Do you have any food allergies or intolerances? _____
7. What is your current weight? _____ What is your ideal body weight? _____

EXERCISE: *Did you know that muscle weighs more than fat?*

1. Do you have a regular exercise routine? _____
2. How many days per week do you exercise? _____ How long do you exercise? _____
3. Do you have any exercise goals? _____
4. Do you tend to exercise in the morning, afternoon or evening? _____