



## SugarShredz Questionnaire



Name: \_\_\_\_\_ Age: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Desired Weight: \_\_\_\_\_

1. Do you have any food allergies:      Y      N      If yes: \_\_\_\_\_
2. Do you have any major injuries:      Y      N      If yes: \_\_\_\_\_
3. Do you have any chronic illness:      Y      N      If yes: \_\_\_\_\_
4. Are you on any medications:      Y      N      If yes: \_\_\_\_\_
5. Are you already following a diet plan: Y      N      If yes: \_\_\_\_\_
6. How many calories are you taking in daily: \_\_\_\_\_
7. What are your daily habits with eating? Please explain a typical day for your current diet:  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
8. What is your daily exercise or training habits:  
 Explain: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
9. What is your occupation: \_\_\_\_\_
10. Rate your activity at your work place: \_\_\_ Minimal Movement (desk job)  
 \_\_\_ Medium Movement (teacher) \_\_\_ Extreme Movement (Construction or Coach)
11. What are your hours at work: \_\_\_\_\_ How many hours per week: \_\_\_\_\_  
 When are your off days: \_\_\_\_\_
12. What are your sleeping habits: \_\_\_\_\_
13. Do you have a gym membership:      Y      N      Where: \_\_\_\_\_
14. If "No" to the question above, do you prefer In Home workouts or Classes  
 (ie: Yoga, Zumba, Body Pump, Spin, Barre, etc)      Y      N
15. How often do you step on the scale: \_\_\_\_\_
16. What is your goal with  
 Sugarshredz: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Disclaimer:

SugarShredz is not responsible or liable for those individuals who injure themselves before, during, or after a training session. SugarShredz is not responsible or liable for those individuals who have health concerns or who obtain health concerns while a client of SugarShredz. SugarShredz is providing a service to its clientele in which the clients are responsible for their own actions while consuming foods and/or training in the choice of their own environment.

Please print, sign, and date below that you acknowledge and understand the questionnaire and disclaimer of SugarShredz Nutrition & Training:

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Print

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Sign

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Date