

Nutrition Questionnaire

First name

Surname

Type of sport

Team (s)

Date

- | | | | | |
|--|--|-------------------------------------|-------------------------------------|-----------------------------------|
| 1. Do you have breakfast every day? | <input type="checkbox"/> Always | <input type="checkbox"/> Often | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Never |
| 2. Do you often drink <i>during</i> training? | <input type="checkbox"/> Always | <input type="checkbox"/> Often | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Never |
| 3. Do you eat in the first hour after training? | <input type="checkbox"/> Always | <input type="checkbox"/> Often | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Never |
| 4. Do you take food/drinks with you when you travel? | <input type="checkbox"/> Always | <input type="checkbox"/> Often | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Never |
| 5. Do you often eat out? | <input type="checkbox"/> Always | <input type="checkbox"/> Often | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Never |
| 6. How much alcohol do you drink per week? | <input type="checkbox"/> >3 drinks | <input type="checkbox"/> 2-3 drinks | <input type="checkbox"/> 1-2 drinks | <input type="checkbox"/> <1 drink |
| 7. Do you check food labels? | <input type="checkbox"/> Always | <input type="checkbox"/> Often | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Never |
| 8. Do you like to try new foods when away from home? | <input type="checkbox"/> Always | <input type="checkbox"/> Often | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Never |
| 9. Did you ever see a nutritionist? | <input type="checkbox"/> Several times | <input type="checkbox"/> Twice | <input type="checkbox"/> Once | <input type="checkbox"/> Never |
| 10. Do you use nutrition supplements? | <input type="checkbox"/> Always | <input type="checkbox"/> Often | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Never |

Supplements (If you use any supplements please list them below (with brand name if possible))

If you have a drink during or after training, what do you usually use?

What size bottle do you use for fluids during training?

