

Client Questionnaire

(Please do every night and put points achieved onto the daily point's sheet)

FOOD

- (Client eats every 3-4 hours) Yes =1 point No= 0 point
- (Client made healthy low fat, low sugar, high fiber food choices today) Yes=1 point No=0 point
- (Bariatric client kept starch foods to 2 servings today) Yes=1 point No=0 point
- (Non-Bariatric client keeps starch foods to 3-5 servings a day today) Yes=1 point No=0 point
- (Client ate 2 fruits or more per day if they are general weight loss and if Bariatric Client is out of surgery 1 year or more) Yes=1 point No=0 point
- (Client ate 2 or more non-starch vegetables per day if they are general weight loss and if Bariatric Client is out of surgery 1 year or more) Yes=1 point No=0 point
- (Client is meeting their actual individual calculated protein needs today) *NOTE: Lean meat fish and seafood is ~ 7 grams of protein per ounce so 3 ounces/deck of playing cards size = 21 grams of protein* Yes=1 point No=0 point

FLUID

- (Client drinks only fluids that contain 0-15 calories per serving today) Yes=1 point No=0 point
- (Client drinks 64 or more ounces of fluids today) Yes=1 point No= 0 point
- (Client drinks no more than 20 ounces of caffeinated beverages today) Yes = 1 point No =0 point



EXERCISE

- (Client exercises outside of their normal activity routine today for at least 30 min or more)
Yes=1 point No=0 point
- Client is doing a consistent exercise program of 3-4 days a week minimum each week for 30+ minutes at a time. Yes= 1 point No=0 point

TREATS

- (Client eats no more than 1-2 servings of sweets/Deep fat fried foods a week as a treat that is portion controlled)
Yes=1 point No=0 point
- (Client eats out 1-2 times a week maximum) Yes=1 point No=0 points

SLEEP

- (Client is getting at least 7-8 hours of sleep) Yes=1 point No =0 points

NOTE

Place the total points acquired on your daily points sheet and turn one sheet in each week keep a hard copy for yourself at your night stand to continue to write on each week.

Dietitian Contact Information:

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Materials Developed by Nancy Lum RD, LDN 12/19/13

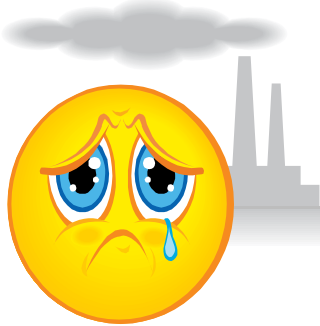




Stressed



Happy



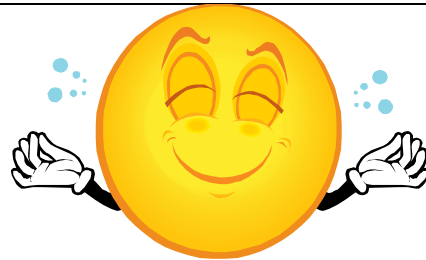
Sad/depressed



Bored



Angry



Calm



Anxious



Tired

