



Lucky13Fitness Nutritional Analysis Questionnaire

- 1) What is your age?
- 2) How tall are you?
- 3) How much do you weigh right now *[please give a specific number]*?
- 4) Which of the following best describes your goal *[please choose only one]*:
 - **Lose Weight:** You'd like to lose at least 10 to 15 pounds (or more)
 - **Build Muscle:** You'd like to build muscle and increase their overall body weight.
 - **Athletic Performance:** You want optimal nutrition to support long and intense athletic training. (Minimal to no weight change desired.)
 - **Body Recomposition:** You want to lose less than 10 to 15 pounds of body fat, while simultaneously building muscle.
 - **Improve Health:** You want to improve their nutrition and overall health, while maintaining their current weight.

If your answer is “Lose Weight” or “Build Muscle” answer questions 5 & 6. Otherwise, skip to question 7.

- 5) How much would you like to weight *[please give a specific number]*?
- 6) By what date do you want to lose this weight *[please give a specific date]*?
- 7) Which of the following best describes your eating style *[please choose only one]*:
 - **Anything:** No major preferences or restrictions. Will eat practically anything.
 - **Mediterranean:** Features plant foods, healthy fats, and moderate amounts of lean protein.
 - **Paleo:** Emphasizes meats, vegetables, and healthy fats.
 - **Vegetarian:** A plant-based diet, plus small amounts of eggs and dairy.

- **Ketogenic:** A high-fat, very-low carbohydrate diet.
- **Fully Plant-Based:** All plant-based foods. No animal products of any kind.

8) How many meals do you like to eat per day [*please include snacks in this number*]?

9) Which of the following best describes how active you are during the day:

- **Very Light:** Sitting most of the day (example: desk job).
- **Light:** A mix of sitting, standing, and light activity (example: teacher).
- **Moderate:** Continuous gentle to moderate activity (example: restaurant server).
- **Heavy:** Strenuous activity throughout the day (example: construction work).

10) Which of the following best describes your weekly workouts:

- **Very Light:** Almost no purposeful exercise
- **Light:** 1-3 hours of gentle to moderate exercise.
- **Moderate:** 3-4 hours of moderate exercise
- **Intense:** 4-6 hours of moderate to strenuous exercise.
- **Very Intense:** 7+ hours of strenuous exercise.