



**Washington State University Health & Wellness Services
Nutrition History Form**

Call HWS (509) 335-3575 or visit reception to schedule your appointment

Today's Date: _____ Reason for Visit: _____

Name: _____ Referred by: _____

Academic Year: _____ Major: _____

Current Weight: _____ Date: _____ Height: _____ Age: _____

Have you had any recent weight changes? _____

If yes, was this intentional? _____

Current Medical Problems/ Injuries: _____

Current Medications: _____

Current Vitamin &/or Mineral Supplements: _____

Protein, Energy &/or Herbal Supplements (Please note how much, and how often these are taken):

Do you live on-campus? _____ Where do you eat most of your meals? _____

How often do you eat at restaurants? _____

Which types of restaurants? _____

Do you have any food allergies/ intolerances? If yes, please explain: _____

Name some of the foods & drinks you like most: _____

Name some of the foods & drinks you do not like: _____

Do you have any specific nutrition questions or concerns? _____

Have you ever worked with a Dietitian/Nutritionist before? If yes, please explain: _____

Are your eating habits on the weekend different than during the week? _____

If yes, explain how they differ: _____

Do you drink alcohol? If yes, how many days each week? _____

How many drinks do you typically have when you drink? _____

Do you have: a refrigerator? _____ A freezer? _____ Stovetop burners? _____

Oven? _____ Microwave? _____ Grill/Crockpot/Steamer, etc? _____

Do you cook for yourself? _____ Comments: _____

Please describe your current pattern of physical activity: _____

On the next page, please record all food & drinks consumed for at least a 24-hr period.

Please also note if you woke during the night to eat or drink. *Include details, such as the time consumed, amount, how it was prepared, condiments used, etc.

Example:	7:45am	1 bowl Corn Flakes (~1 cup) with 1% milk (~ ½ cup), 6 oz OJ
	10 am	2 handfuls of animal crackers, 12 oz decaf latte with vanilla syrup
	Noon	grilled cheese sandwich, bowl of tomato soup, small salad with ranch dressing (1 ladle), 12 oz soda, etc. (over→)

