

INTAKE QUESTIONNAIRE



Personal

Full Name: _____

Date of Birth: _____

Age: _____ Gender: _____ Height: _____ Weight: _____

Type of Profession: _____

Contact

Email Address: _____

Phone Number: _____

Address: _____

In case of Emergency Please Contact: _____

Medical

Do you have a history of any of the following medical conditions? (check)

Pregnancy: ☐

Epilepsy: ☐

Recent Heart Condition: ☐

Pacemaker: ☐

Diabetes: ☐

Headaches: ☐

High Blood Pressure: ☐

Cardio Vascular Disease: ☐

Hypertension: ☐

High Cholesterol ☐

Are you currently taking any medications? If so, please list.

Have you had any previous surgeries or injuries? If so, please list.

INTAKE QUESTIONNAIRE

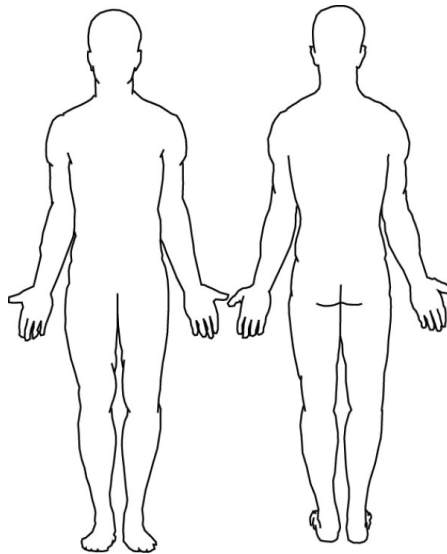
PG.2

Medical

Please rate your pain in each area on a scale of 0 (no pain) to 10 (worst pain possible):

Neck:	_____	Hips:	_____
Shoulder:	_____	Knees:	_____
Elbow/Wrist:	_____	Ankles/Feet:	_____
Upper Back:	_____	Thigh:	_____
Lower Back:	_____	Chest:	_____

Please circle any areas you are experiencing pain



Goals

Please rate your current goals from 1 (most important) to 6 (least important):

Fat Loss:	_____	Injury/Recovery:	_____
Athletic Performance:	_____	Strength & Conditioning:	_____
Pain Relief:	_____	Improve Range of Motion:	_____
General Health:	_____	Nutrition:	_____

Sport: _____ Position: _____ Competitive Level: _____

INTAKE QUESTIONNAIRE

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Mito Foods

Please **CIRCLE** any food items on this list that you are allergic to
&
CROSSOUT any food items on this list that you do not like.

Proteins

Cheese (Hard)	Herring	Chicken
Cheese (Soft)	Mackerel	Cornish Hen
Cottage Cheese	Sardines	Duck
Parmesan Cheese	Shrimp	Pheasant
Ricotta Cheese	Tuna	Turkey
Egg	Beef	Spirulina
Alaskan Fish	Buffalo	Tempeh
Salmon	Elk	Tofu
Cod	Lamb	Hummus
Halibut	Venison	Refried Beans

Beverages/Spices/Condiments

Black Tea	Curcumin
Coffee	Marjoram
Filtered Water	Oregano
Fresh Juiced Fruits/ Vegetables	Tamari
Ginkgo Biloba Tea	Sage
Green Tea	Vinegars
Sparkling/Mineral Water	Lemon/Lime Juice
Coconut Water	Miso
Yerba Mate	Mustard

Gluten Free Grains

Amaranth	Quinoa
Buckwheat/Kasha	Basmati Rice
Nut Crackers	Black Rice
Rice Crackers	Teff
Seed Crackers	Brown Rice
Millet	Purple Rice
Rolled Oats	Red Rice
Steel-Cut Oats	Wild Rice

Legumes

Bean Soups
Black Soybeans
Lentils
Peas
Edamame
Dried Beans
Flour
Legume

Dairy/Alternatives

Buttermilk	Coconut Milk
Kefir	Flaxseed Milk
Cow Milk	Hazelnut Milk
Goat Milk	Hemp Milk
Yogurt	Oat Milk
Greek Yogurt	Coconut Yogurt
Almond Milk	Soy Yogurt

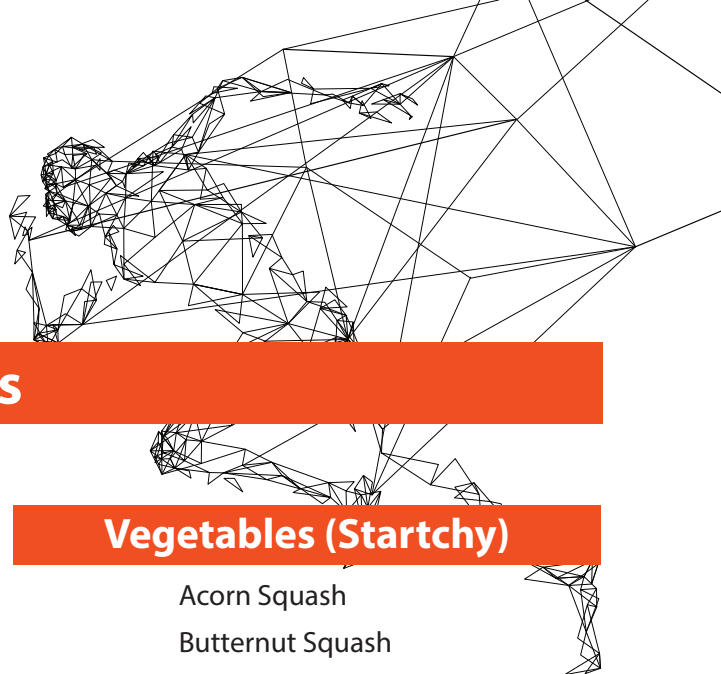
Fats & Oils

Avocado	Dark Chocolate	Avocado Oil	Ghee/Clarified Butter	Grass Fed Butter	Pesto (Olive Oil)
Butter	Mayonnaise	Coconut Oil	Grapeseed Oil	MCT Oil	
Olive Oil	Sesame Oil	Safflower Oil	Walnut Oil	Green Olives	
Rice Bran Oil	Pumpkin Oil	Sunflower Oil	Black Olives	Kalamata Olives	

INTAKE

QUESTIONNAIRE

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Mito Foods

Vegetables (Non-Startchy)

Artichoke	Green Beans	Shallots
Arugula	Beet Greens	Snap Peas/Snow Peas
Asparagus	Collard Greens	Spinach
Bamboo Shoots	Chicory Greens	Sprouts
Beets	Dandelion Greens	Delicata Squash
Bok Choy	Escarole Greens	Pumpkin
Broccoflower	Kale	Spaghetti Squash
Broccoli	Mustard Greens	Yellow Squash
Brussels Sprouts	Purslane Greens	Zucchini
Cabbage	Radicchio Greens	Tomato
Carrots	Turnip Greens	Tomato Juice
Cauliflower	Horseradish	Turnips
Celeriac Root	Jicama	Vegetable Juice
Celery	Kohlrabi	Water Chestnuts
Chard/Swiss Chard	Leeks	Watercress
Chives	Lettuce	
Cilantro	Microgreens	
Cucumbers	Mushrooms	
Daikon Radish	Okra	
Eggplant	Onions	
Endive	Parsley	
Fennel	Peppers	
Kimchi	Radishes	
Pickles	Salsa	
Sauerkraut	Scallions	
Garlic	Sea Vegetables	

Vegetables (Startchy)

Acorn Squash
Butternut Squash
Plantain
Purple Potato
Red Potato
Sweet Potato
Yellow Potato
Parsnip Root
Rutabago Root
Yam

Fruits

Apple	Grapes	Pineapple
Applesauce	Kiwi	Pomegranate Seeds
Apricots	Mango	Prunes
Banana	Melon	Raspberries
Blackberries	Nectarine	Strawberries
Blueberries	Orange	Tangerines
Cherries	Papaya	
Dates/Figs	Peach	
Dried Fruit	Pear	
Grapefruit	Persimmon	

Nuts & Seeds

Almonds	Dried Coconut	Macadamias	Pine Nuts	Soy Nuts
Brazil Nuts	Flaxseed	Nut & Seed Butter	Pistachios	Sunflower Seeds
Cashews	Hazelnuts	Peanuts	Pumpkin Seeds	Walnuts
Chia Seeds	Hemp Seeds	Pecans	Seesame Seeds	