



Name _____ Date _____

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

Please return all pages in this packet to Sarah Rentz at least one day before your nutritional assessment. You may drop them off at the Student Recreation Center or fax to 461-1491.

The Southfit division of the Department of Campus Recreation offers a nutritional analysis and basic nutritional education. The purpose is to evaluate the client's current eating habits, the amount of calories consumed over the course of three days, as well as the nutrient intakes over those same days (carbohydrates, fats, protein, vitamins, minerals, and water). The subsequent recommendations given are for apparently healthy adults and in no way take into consideration any special dietary needs for conditions including (but not limited to) Type I diabetes, Type II diabetes, congestive heart failure, pregnancy, severe foodborne allergies, high blood pressure, high cholesterol, or any other medical condition. The recommendations also do not take into account any medications that may affect food and nutrient intake. Should the client have a condition, disease, or medication that requires special dietary needs, the client should consult a Registered Dietician or a physician.

Elite athletes who require special dietary intake for athletic performance should consult a sports nutritionist or Registered Dietician.

The client acknowledges that s/he has read the above information, and agrees that s/he is apparently healthy with no known conditions, diseases, or medications that may require special dietary needs. The client also acknowledges that the Southfit staff at the University of South Alabama's Department of Campus Recreation are not Registered Dieticians and are only giving basic nutritional advice within the scope of the fitness professional's practice.

Client's Signature _____

