

6'1"  
230 lbs  
lg. Build



Patient Questionnaire

Patient ID# 007

1. Please state your age 18 and gender M
2. Please describe on a typical day, what you eat for:
  - a. Breakfast McDonald's bagel and med coke
  - b. Lunch 3 hamburgers, large fry, large coke
  - c. Dinner fried chicken, mashed potatoes, cole slaw
  - d. Snacks/Desserts cheetos
3. How many times per day do you
  - a. Drink soda? 3 What types? coke
  - b. Drink sports drinks? 2
  - c. Drink juice? 0 What types? N/A
  - d. Eat snacks/dessert? 3
  - e. Drink coffee-based beverages 0 What types? N/A
4. How many times per week do you
  - a. Exercise? 5 What types of exercises do you do and for how long? Football / practice
  - b. Eat out? 5 at which restaurants? KFC, Subway, McDonald's
5. What would you typically describe as a serving of
  - a. Cereal? 2 cups
  - b. Potato chips/other snack chips? 1 bowl
  - c. Meat? 1/2 pound
  - d. Fruit/Vegetables? 1/2 plate
  - e. Soda or sports drinks? ?
  - f. Juice? ?
6. Do you drink milk? yes If yes, what type of milk (circle one): skim 1% 2% Vitamin D ? chocolate
7. Do you have any dietary restrictions? NO If yes, please describe them N/A

8. List any medical conditions that you have: None

9. Is there a history of any health condition in your family? y If yes, please list the condition(s): Parents have high blood pressure.

Doctor's NO TES: Blood panel results

Glucose: 197

LDL: 280

Protein: 9.6

HDL: 25

Triglycerides: 243

Total cholesterol: 305