

Please mark box for any and all items that apply and rank 0-3.

- 0 = not applicable leave blank
- 1 = infrequent w/in the last month
- 2 = few times a week
- 3 = daily/many times a day

Physiological

- __Weakness, very tired
- __Low pulse _____bpm
- __Dizziness, dizziness upon standing up from seated position
- __Cold hands and feet
- __Daytime sleepiness
- __Chest pain or discomfort
- __Ankle or feet swelling
- __Constipation
- __Abdominal pain
- __Diarrhea
- __Vomiting
- __Nausea
- __Delayed gastric emptying (feel full immediately after eating small amounts)
- Stress fractures
- Abnormal menstrual periods
- No menstrual cycle ≥ 3 mo.
- Delayed menarche no menstruation by age 14
- __Dry skin
- __Brittle nails
- __Hair loss
- __Yellow-orange skin tone
- __White downy hair growth (lanugo)
- __Poor concentration
- __Memory loss
- __Cannot sleep at night – Hours slept at night (____)
- __Depression
- __Anxiety

- __Obsessive behavior
- __Obsessive thoughts
- __Over-concern with weight and shape

Behavioral

- __Active and restless, stand frequently when most people would sit
- __Disproportionate time spent thinking about food
- __Interest in recipes, food channel, and food shopping
- __Binge eating subjective or objective
- __Experience loss of control with eating
- __Hoards food; food seems to “go missing” especially sweets, cereals, high carb foods
- __Angry, tense, or hostile at meals
- __Excessive use of condiments (such as salt, ketchup, spices)
- __Cutting food into very small pieces before eating
- __Prefers to eat with fingers
- __Picks, blots, and tears apart food
- __Inappropriate food combinations
- __Eats food in a certain order
- __Hides food in napkins, pockets, gives to dog, throws food away
- __Chews/Spits
- __Avoidance of specific foods
- __Statements about being or eating “healthy”

- __Avoidance of social situations with food
- __Eats meals too fast
- __Eats meals too slow
- __Attempt to bargain about foods (“I will eat this if I don’t have to eat that”)
- __Inability to identify hunger
- __Inability to identify fullness
- __Unusually small portions
- __Inability to define or eat a balanced nutrient intake
- __Abnormal timing of meals and snacks
- __Offsetting food intake with exercise/food choices
- __Compensatory purging activity, including exercise
- __Difficulty estimating portion size
- __Purchasing and preparing food for other people, without eating it
- __Unusual rigidity and rituals around food
- __Rationing; not eating in the early part of the day to “save” food to be eaten later

Family Medical History

- Eating disorder
- Depression
- Anxiety
- Substance abuse
- Obesity
- Other mental illnesses
- OCD
- MTHFR
- Other _____