

# One-Time Macro Questionnaire

Hello, and congrats on choosing our One-Time Macro Calculation!

Below is a questionnaire for you to fill out so that we have a better understanding of who you are and what you would like to achieve to find the right macros for you!

Please type your answers in the spaces provided and make sure to click “save as [your name]” to save your responses.

Please attach progress photos of yourself in a sports bra and shorts or a bathing suit. Use a self-timer or have someone else take the photo (No selfies!) from the front, back and each side.

Your completed form can then be attached and emailed to us at [coach@veganproteins.com](mailto:coach@veganproteins.com)

Thanks again for completing our questionnaire! We will have your macro calculations sent to you within 3 business days.

Thank you!

Vegan Proteins



# One-Time Macro Questionnaire

Name:

Age:

Sex:

**Measurements in pounds and inches.**

Height:

Weight:

Waist (smallest point):

Navel:

Glutes:

Chest (under armpits):

Thigh (widest point):

Calf (widest point):

Bicep (widest point):

Neck:



# One-Time Macro Questionnaire

Has your doctor ever said that you have a heart condition and recommended only medically supervised physical activity?

Yes  No

Do you have a history of high cholesterol?

Yes  No

Do you have a history of high blood pressure?

Yes  No

Are you pregnant or have you given birth in the last 6 months?

Yes  No

Have you had surgery in the last 3 years?

Yes  No

Do you take any medications, either prescription or non-prescription on a regular basis?

Yes  No

If you answered yes to any of the above, please explain below:



# One-Time Macro Questionnaire

How many hours do you regularly sleep per night?

Describe your job. Is it physically demanding?

Describe how you spend your free time. Is it physically demanding?

How many times do you usually eat (including snacks)?

How much water do you drink daily?

Do you know how many calories and/or macros you currently eat per day?

How long have you been eating this amount?

Have you had body changes since you started eating this way? If so, what?



# One-Time Macro Questionnaire

List a typical day's food here. Be as specific as possible with the time of day, brand names, amounts, etc.



# One-Time Macro Questionnaire

What are your main fitness goals?

Please list, in order of priority, the fitness and physique goals you would like to achieve in the next 3-12 months.

1.

2.

3.

Realistically, how many days per week do you exercise?

How much time do you spend per session?

What time of day do you work out?

Have you been exercising consistently for the last 3 months?

On a scale of 1-10, how would you rate your present fitness and why?



# One-Time Macro Questionnaire

Please write a typical week of workouts here. Be specific:



# One-Time Macro Questionnaire

Anything else you would like us to know?

