Lindenwood University Exerciseand PerformanceNutrition L aboratory General Eligibility/Screening Questionnaire

Contact Information

YES NO

Name:								
Cell Ph	none: () Email Address:							
Gene	ral Information							
Gende	r:	::t	. tiiti o o					
	Other General F	itness Ac	tivities					
	Team Sport (e.g. basketball, soccer, football, etc.) Activities							
	· · · ·							
2.	Are you currently trying to gain or lose weight					YES	NO	
3.	On average, how many meals per day do you consume?	1	2	3	4	5	6	>6
4.	Do you consume meals in regular intervals?					YES	NO	
5.	Have you lost or gained 10 or more pounds in the past six (6) months?						NO	
6.	Have you used anabolic androgenic steroids, "pro-hormone" supplements, or related precursors or salts within the past 12 months?						NO	
7.	Are you currently consuming, or within the pa(pa)Tj4t YES No	0						

r only what the question i		ete every que	estion or	n this sh	eet prior	to turnir	ng it bac	k in. T	hank	
Do you currently resistance train using free weights or machines?						YES N		NO	1 0	
		en resistance	e trainino	g? NOTE	E: If you	have be	en resis	tance t	raining	
								month	S	
nany days per week do y	ou resistance train?		1	2	3	4	5	6	7	
nany times per week do y	ou train your upper	body?	1	2	3	4	5	6	7	
		m for each u	oper-boo	dy body	part and	how ma	iny sets	you		
nany times per week do y	ou train your lower	body?	1	2	3	4	5	6	7	
		m for each u	oper-boo	dy body	part and	how ma	iny sets	you		
						you eng	gage in	them.	If your	
	r only what the question is terest! u currently resistance train how many months have did 4 months, please enter many days per week do you many times per week do you be below what types of each of those exerting the below what types of each of those exerting the below what types of each of those exerting the below what types of each of those exerting the below what types of each of those exerting the below what types of each of those exerting the below what types of each of those exerting the below any other forms.	u currently resistance train using free weights how many months have you consistently be d 4 months, please enter 40 months. many days per week do you resistance train? many times per week do you train your upper libe below what types of exercises you perfor ete for each of those exercises? many times per week do you train your lower libe below what types of exercises you perfor ete for each of those exercises?	r only what the question is asking and complete every questerest! u currently resistance train using free weights or machines how many months have you consistently been resistance d 4 months, please enter 40 months. nany days per week do you resistance train? nany times per week do you train your upper body? ibe below what types of exercises you perform for each upete for each of those exercises? nany times per week do you train your lower body? ibe below what types of exercises you perform for each upete for each of those exercises?	r only what the question is asking and complete every question or terest! u currently resistance train using free weights or machines? how many months have you consistently been resistance training d 4 months, please enter 40 months. nany days per week do you resistance train? 1 nany times per week do you train your upper body? 1 ibe below what types of exercises you perform for each upper-bodete for each of those exercises? nany times per week do you train your lower body? 1 ibe below what types of exercises you perform for each upper-bodete for each of those exercises?	r only what the question is asking and complete every question on this shitterest! u currently resistance train using free weights or machines? how many months have you consistently been resistance training? NOTEd 4 months, please enter 40 months. ———————————————————————————————————	r only what the question is asking and complete every question on this sheet prior terest! u currently resistance train using free weights or machines? how many months have you consistently been resistance training? NOTE: If you d 4 months, please enter 40 months. many days per week do you resistance train? 1 2 3 many times per week do you train your upper body? 1 2 3 ibe below what types of exercises you perform for each upper-body body part and ete for each of those exercises? many times per week do you train your lower body? 1 2 3 ibe below what types of exercises you perform for each upper-body body part and ete for each of those exercises?	r only what the question is asking and complete every question on this sheet prior to turning terest! u currently resistance train using free weights or machines? YES how many months have you consistently been resistance training? NOTE: If you have been defended 4 months, please enter 40 months. In any days per week do you resistance train? I 2 3 4 In any times per week do you train your upper body? I 2 3 4 It is below what types of exercises you perform for each upper-body body part and how make the for each of those exercises? In any times per week do you train your lower body? I 2 3 4 It is a 4 It is a 4 It is a 5 4 It is a 6 4 It is a 6 4 It is a 7 4 It is a 7 4 It is a 8 4 I	r only what the question is asking and complete every question on this sheet prior to turning it bacterest! u currently resistance train using free weights or machines? YES how many months have you consistently been resistance training? NOTE: If you have been resisted 4 months, please enter 40 months. nany days per week do you resistance train? 1 2 3 4 5 nany times per week do you train your upper body? 1 2 3 4 5 ibe below what types of exercises you perform for each upper-body body part and how many sets ete for each of those exercises? nany times per week do you train your lower body? 1 2 3 4 5 ibe below what types of exercises you perform for each upper-body body part and how many sets ete for each of those exercises?	r only what the question is asking and complete every question on this sheet prior to turning it back in. T terest! u currently resistance train using free weights or machines? YES NO how many months have you consistently been resistance training? NOTE: If you have been resistance to d 4 months, please enter 40 months.	

If you are accepted into this study, do you agree NOT to