

# Electric Life Nutrition Intake™

## Understanding How You Fuel Your Body

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### Instructions

This form is designed to help you become more aware of your current nutrition habits.

This is not about perfection or strict dieting.

It's about understanding how your current habits may be influencing:

- your energy
  - your recovery
  - your movement
  - your overall health
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## SECTION 1 — Daily Eating Patterns

### Why This Matters

Consistency in eating patterns helps regulate energy, blood sugar, and overall function.

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- I regularly skip meals
  - My eating schedule is inconsistent
  - I often go long periods without eating
  - I tend to eat late at night
  - My meals vary significantly day to day
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## SECTION 2 — Food Quality

### Why This Matters

The quality of your food influences how your body recovers, heals, and performs.

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- I eat a lot of processed or packaged foods
  - I eat out frequently
  - I struggle to include whole foods regularly
  - I rarely think about nutrient quality
  - I rely on convenience foods most days
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## SECTION 3 — Protein & Nutrient Intake

### Why This Matters

Protein and nutrients are essential for muscle repair, recovery, and overall body function.

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- I'm unsure how much protein I eat daily
  - I don't prioritize protein in meals
  - I feel sore longer than expected after activity
  - I feel weak or low energy during the day
  - I don't think about nutrient balance
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## SECTION 4 — Hydration

### Why This Matters

Hydration plays a key role in joint health, muscle function, and nervous system regulation.

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- I drink less than 60 oz of water per day
  - I rely heavily on caffeine
  - I often feel dehydrated
  - I forget to drink water during the day
  - I don't monitor my hydration
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## SECTION 5 — Energy & Blood Sugar

### Why This Matters

How you eat affects your energy stability throughout the day.

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- I experience energy crashes during the day
  - I rely on caffeine to stay alert
  - I feel shaky or irritable when I don't eat
  - I have strong cravings for sugar or snacks
  - My energy feels inconsistent
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## **SECTION 6 — Recovery & Performance Nutrition**

### **Why This Matters**

Nutrition directly impacts how well your body recovers and adapts.

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- I don't think about nutrition around workouts
  - I feel fatigued after exercise
  - I don't eat after training consistently
  - I struggle with soreness or recovery
  - I don't connect food with performance
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## **SECTION 7 — Awareness & Habits**

### **Why This Matters**

Awareness is the first step in making sustainable changes.

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- I eat quickly or while distracted
  - I don't pay attention to hunger or fullness
  - I eat out of convenience rather than intention
  - I feel unsure what I "should" be eating
  - I've tried diets but struggled to maintain them
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# SCORING

## 0–10 checks

You have a solid foundation. Small improvements can enhance consistency and performance.

## 10–25 checks

There are areas where nutrition may be impacting energy, recovery, or how you feel.

## 25+ checks

Your current nutrition habits may be limiting your body's ability to perform, recover, and feel its best.

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## What This Means

If multiple boxes are checked, your body may be:

- under-fueled
- inconsistently fueled
- lacking key nutrients
- struggling with recovery
- experiencing unnecessary energy fluctuations

This is not a problem — it's awareness.

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## Your Next Step

At **Electric Life Chiropractic in Indianapolis**, we help you:

- simplify nutrition
  - focus on what matters most
  - build sustainable habits
  - support your body's energy and recovery
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## **In Practice, This May Include:**

- simple meal structure guidance
  - hydration strategies
  - protein and nutrient awareness
  - realistic habit adjustments
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## **Bring This With You**

We can review this together and identify:

- the biggest opportunities for improvement
  - what changes will have the most impact
  - where to start without overwhelm
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# **Optional Reflection**

**What is one area of your nutrition you would like to improve?**

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