

Dietary Assessment of a Natural Bodybuilding Population

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Food and Nutrition Group

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Questionnaire Number:

PLEASE ANSWER ALL QUESTIONS RELATED TO YOUR CONTEST PREPARATION

If you are unsure about any of the questions then please ask a research for clarification

Competitor Information

Competitor Number:_____ Competitor Class:_____ Age:_____

Smoking Status: Smoker, Non Smoker, Smoke During Prep

Year's bodybuilding training:_____ Year's competing:_____ Competitions this season: _____

Weeks dieting for this competition (including qualifier if applicable):_____

Current contest weight (kg):_____ Weight at start of preparation (kg):_____

Height (cm):_____ Bodyfat % and the method used to estimate:_____

Highest bodybuilding accolade (example: BNBf British Men's open lightweight 3rd 2013):

Fluid Intake

Typical daily fluid intake (litres):_____

Do you use artificial sweeteners? Yes/No Do you use sugar free cordials/squash? Yes/No

Beverage intake during contest preparation, please tick (✓) as appropriate

| Standard Serving: Can of pop 330ml, Cup of tea 150ml, take away coffee 250ml | | | | | | | | | |
|---|------------------------|-----------------|------------|----------------|----------------|-----------|---------------|---------------|------------|
| Normal serving | Less than once a month | 1 - 3 per month | 1 per week | 2 - 4 per week | 5 - 6 per week | 1 per day | 2 - 3 per day | 4 - 5 per day | 6+ per day |
| Coffee | | | | | | | | | |
| Espresso | | | | | | | | | |
| Tea | | | | | | | | | |
| Herbal tea | | | | | | | | | |
| Energy drink | | | | | | | | | |
| Fizzy drinks | | | | | | | | | |
| Diet fizzy drinks | | | | | | | | | |
| Alcohol | | | | | | | | | |

Supplementation

Supplement intake during contest preparation, please tick (✓) as appropriate

| Supplement | please tick (✓) | Brand |
|-----------------------------------|--------------------|-------|
| Multivitamin | | |
| Vitamin C | | |
| Vitamin D | | |
| Mineral supplement | | |
| Joint supplement | | |
| Omega-3/Cod liver oil | | |
| Protein powder | | |
| BCAA | | |
| Individual amino acid | | |
| Carbohydrate supplement | | |
| Creatine (directly or indirectly) | | |
| Fat burners | | |
| Pre-workout supplements | | |
| Protein/Flapjack Bars | | |
| Other | | |

Dietary Approach

Which of the following best describes your dietary approach? Circle where appropriate:

| | | | |
|--------------------|--------------|-------------------------|-------------|
| Diet Style: | Clean eating | If it fits your macro's | Cheat meals |
| High: | Protein | Carbohydrate | Fat |
| Medium: | Protein | Carbohydrate | Fat |
| Low: | Protein | Carbohydrate | Fat |

Competition Diet

In the space below, please record the diet followed (in either portion sizes or grams) at the start, middle and end (not including peak week) of your contest preparation.

| Initial Diet (first few weeks) | Middle Diet (halfway phase) | End Diet (final weeks) |
|---|---|--|
| <p>Example Diet M1: 100g of Weatabix in water, banana, 3 whole boiled eggs, 40g of whey (Extreme Nutrition) M2: 1 CNP pro flapjack (orange flavour), small apple 70g M3: 150g of steamed cod, 40g of spinach, 30g of green olives, 200g of boiled white potatoes M4: Repeat meal 3 M5: Repeat meal 1 Pre Workout: 30g NO Explode Lime flavour (BSN) Post Exercise: 80g Build and Recover (Extreme Nutrition) M7: 70g Low Fat Cottage Cheese (Tesco), 35g Pro Peptide (CNP) Drinks: 3 Cups of instant black coffee with meals (Kenco) 1 Can of Pepsi Max</p> | <p>Example Diet M1: 50g of Weatabix in water, banana, 3 whole boiled eggs. 40g of whey (Extreme Nutrition) M2: 1 CNP pro flapjack (orange flavour), small apple 70g M3: 120g of steamed cod, 40g of spinach, 30g of green olives, 150g of boiled white potatoes M4: Repeat meal 3 M5: Repeat meal 1 Pre Workout: 30g NO Explode Lime flavour (BSN) Post Exercise: 60g Build and Recover (Extreme Nutrition) M7: 60g Low Fat Cottage Cheese (Tesco), 35g Pro Peptide (CNP) Drinks: 2 Cups of instant black coffee with meals (Kenco) 2 Cans of Pepsi Max</p> | <p>Example Diet M1: 60g of banana and 6 whole boiled eggs, 50g of whey (Extreme Nutrition) M2: 1 CNP pro flapjack (orange flavour), small apple 70g M3: 120g of steamed cod, 40g of spinach, 30g of green olives, 100g of boiled white potatoes M4: Repeat meal 3 M5: Repeat meal 1 Pre Workout: 30g NO Explode Lime flavour (BSN) Post Exercise: 50g Build and Recover (Extreme Nutrition) M7: 50g Low Fat Cottage Cheese (Tesco), 50g Pro Peptide (CNP) 5g Drinks: 6 Cups of instant black coffee with meals (Kenco) 3 Cans of Pepsi Max</p> |
| | | (more space available on the next page) |

| | | |
|--|--|--|
| | | |
|--|--|--|

Peaking Strategies

Please tick (✓) and provide additional detail where appropriate

| Peaking Strategy | please tick (✓) | Details (food types and number of days etc.) |
|--------------------------------------|--------------------|--|
| No Peaking Strategy, Regular Diet | | |
| Carbohydrate depletion | | |
| Carbohydrate loading | | |
| Water loading | | |
| Water depleting | | |
| Sodium loading | | |
| Sodium depleting | | |
| Vitamin C or Citrus loading | | |
| Other | | |

Contest Day Plan

Please tick (✓) and provide additional detail where appropriate

| Contest day strategy | please tick (✓) | Details (food types, brands used etc.) |
|---|--------------------|--|
| High GI/ sugary carbohydrate pre stage | | |
| Carbohydrate loading | | |
| Fat loading | | |
| Protein loading | | |
| Regular diet | | |
| use of alcohol | | |
| use of sodium or salt foods | | |
| Water depleting | | |
| Minimal fibre | | |
| Other | | |

Resistance Training Programme

Please circle as appropriate

Resistance training at the Start of contest preparation (first few weeks)

| | | | | | | | | |
|---|---|---|---|---|---|---|----|----|
| Number of resistance training sessions per week: | 1 | 2 | 3 | 4 | 5 | 6 | 7+ | |
| Number of chest, sessions per week: | 1 | 2 | 3 | 4 | 5 | 6 | 7+ | |
| Number of back training sessions per week: | 1 | 2 | 3 | 4 | 5 | 6 | 7+ | |
| Number of quadriceps training sessions per week: | 1 | 2 | 3 | 4 | 5 | 6 | 7+ | |
| Number of exercises for chest, back or quads: | 1 | 2 | 3 | 4 | 5 | 6 | 7+ | |
| Typical sets per exercise for chest, back or quads: | 1 | 2 | 3 | 4 | 5 | 6 | 7+ | |
| Number of sets between 1 - 5 repetitions: | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7+ |
| Number of sets above 13 repetitions: | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7+ |

Resistance training in the Middle of contest preparation (halfway phase)

| | | | | | | | | |
|---|---|---|---|---|---|---|----|----|
| Number of resistance training sessions per week: | 1 | 2 | 3 | 4 | 5 | 6 | 7+ | |
| Number of chest, sessions per week: | 1 | 2 | 3 | 4 | 5 | 6 | 7+ | |
| Number of back training sessions per week: | 1 | 2 | 3 | 4 | 5 | 6 | 7+ | |
| Number of quadriceps training sessions per week: | 1 | 2 | 3 | 4 | 5 | 6 | 7+ | |
| Number of exercises for chest, back or quads: | 1 | 2 | 3 | 4 | 5 | 6 | 7+ | |
| Typical sets per exercise for chest, back or quads: | 1 | 2 | 3 | 4 | 5 | 6 | 7+ | |
| Number of sets between 1 - 5 repetitions: | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7+ |
| Number of sets above 13 repetitions: | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7+ |

Resistance training at the End of contest preparation (final weeks)

| | | | | | | | | |
|---|---|---|---|---|---|---|----|----|
| Number of resistance training sessions per week: | 1 | 2 | 3 | 4 | 5 | 6 | 7+ | |
| Number of chest, sessions per week: | 1 | 2 | 3 | 4 | 5 | 6 | 7+ | |
| Number of back training sessions per week: | 1 | 2 | 3 | 4 | 5 | 6 | 7+ | |
| Number of quadriceps training sessions per week: | 1 | 2 | 3 | 4 | 5 | 6 | 7+ | |
| Number of exercises for chest, back or quads: | 1 | 2 | 3 | 4 | 5 | 6 | 7+ | |
| Typical sets per exercise for chest, back or quads: | 1 | 2 | 3 | 4 | 5 | 6 | 7+ | |
| Number of sets between 1 - 5 repetitions: | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7+ |
| Number of sets above 13 repetitions: | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7+ |

Cardiovascular Training Programme

Start of contest preparation (first few weeks)

Did you engage in fasted cardio? Yes/ No

Number of high intensity interval training (HIIT) or steady state cardio performed per week?

HIIT: 0 1 2 3 4 5 6 7 8 Other: _____

Duration any additional information: _____

Stead State: 0 1 2 3 4 5 6 7 8 Other: _____

Duration any additional information: _____

Habitual cardio sessions, e.g walking to and from work or occupational cardio

Number of sessions: 0 1 2 3 4 5 6 7 8 Other: _____

Duration and additional information: _____

Middle of contest preparation (halfway phase)

Did you engage in fasted cardio? Yes/ No

Number of high intensity interval training (HIIT) or steady state cardio performed per week?

HIIT: 0 1 2 3 4 5 6 7 8 Other: _____

Duration any additional information: _____

Stead State: 0 1 2 3 4 5 6 7 8 Other: _____

Duration any additional information: _____

Habitual cardio sessions, e.g walking to and from work or occupational cardio

Number of sessions: 0 1 2 3 4 5 6 7 8 Other: _____

Duration and additional information: _____

End of contest preparation (final weeks)

Did you engage in fasted cardio? Yes/ No

Number of high intensity interval training (HIIT) or steady state cardio performed per week?

HIIT: 0 1 2 3 4 5 6 7 8 Other: _____

Duration any additional information: _____

Stead State: 0 1 2 3 4 5 6 7 8 Other: _____

Duration any additional information: _____

Habitual cardio sessions, e.g walking to and from work or occupational cardio

Number of sessions: 0 1 2 3 4 5 6 7 8 Other: _____

Duration and additional information: _____

End of Questionnaire

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