

Dietary Assessment of Natural Bodybuilding Population

**Sheffield
Hallam
University**

Food and Nutrition Group



Questionnaire Number:

Competitor Information

Please answer the following questions as accurately as possible. If you do not know about any of the questions please don't hesitate to ask for clarification.

Competitor Number: _____ Competitor Class: _____ Age: _____

Number of year's training: _____ Number of year's competing: _____

Competition weight: _____ Weight at start of preparation: _____

Height: _____ Bodyfat if known% (include method used to estimate): _____

Highest bodybuilding accolade (example: BNBf British Mens open lightweight 3rd 2013):

Do you have a background/training in health/fitness/medicine/ nutrition (if so specify):

Number of competitions this season (including this one): _____

How many weeks did you diet for this competition (included qualifier if applicable): _____

If applicable, did you have a break after the qualifier, if so how long and what did you do?

Do you have someone to help you with your diet and training (please specify)?

PLEASE ANSWER THESE QUESTIONS RELATED TO YOUR USUAL CONTEST DIET

How would you describe your dietary approach? For example: High protein & low fat; High carbohydrate & low fat; High protein low carbohydrate; Ketogenic; Paleo; IIFYM Dirty, IIFYM Clean Gluten free, Zone, Atkins, Intermittent Fasting etc...

Did your dietary approach change during the preparation? For example did you move from a high carb to a low carb diet, or start carb cycling diet? Did you start with cheat meals and move away from cheat meals?

Did you use cheat meals, if so how often?: _____

What supplements did you use regularly rather than as one offs? for example:

Morning: Cod Liver oil (Seven Seas, High Strength), and multivitamin (Universal Animal Pack)

Pre-workout: fat burner (EQ nutrition, Nutrilean), BCAA, (USP labs Modern BCAA)

After training: Post workout shake (Extreme Nutrition, Build and Recover)

Pre-bed time: Micellar casein drink protein shake (CNP, Propeptide)

Fluids

How many Litres of water/drinks/cups of tea did you consume per day: _____

Do you use artificial sweetened drinks? Does your consumption of these drink increase during the competition phase?

Did the amount you drink increased during your competition phase? _____

Peaking

Athletes sometimes use peaking strategies in the weeks before contest. Is this something you do?

If so please specify, for example: *"I usually use a carb and water loading plan. I eat five days' worth of my regular carbs over three days prior to the competition. I use mainly cakes and biscuits to do this. I also load on three times my regular water each day prior to contest, finally I consume 3,000mg of sodium every hour, 3 hours before I go on stage."*

Contest Day

Do you have a nutritional strategy for the contest day? For example: *"I like to follow my regular diet on contest day, however a few hours before I'll eat two packets of rice cakes and half a jar of diabetic jam before stage. I also like to drink a shot of brandy 20 minutes before stage"*.

Post Competition

Have you made provisions for how you intend to approach your diet following the competition? For example: Reverse dieting, follow the previous contest dieting, three days of bingeing and then Clean eating etc.

Dietary Habits

Please detail the type and amount of food to the nearest gram you were consuming at the start (The first few weeks of your contest diet), halfway and final weeks of your contest prep (not including peak week).

Initial Diet	Middle Diet	End Diet
<i>Example:</i> M1: 100g of Weatabix in water, 60g of banana and 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	<i>Example:</i> M1: 50g of Weatabix in water, 60g of banana and 3 whole boiled eggs.40g of whey (Extreme Nutrition) M2: 1 CNP pro flapjack (orange flavour), small apple 70g	<i>Example:</i> M1: 60g of banana and 6 whole boiled eggs.50g of whey (Extreme Nutrition) M2: 1 CNP pro flapjack (orange flavour), small apple 70g

of spinach, 30g of green olives and 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 and sweeteners with meals (Kenco) 1 Can of Pepsi Max	M3: 120g of steamed cod, 40g of spinach, 30g of green olives and 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) 5g Drinks: 2 Cups of instant black coffee and sweeteners with meals (Kenco) 2 Can of Pepsi Max	M3: 120g of steamed cod, 40g of spinach, 30g of green olives and 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 and sweeteners with meals (Kenco) 1 Can of Pepsi Max

--	--	--

Cardiovascular Training

During your preparation the amount of cardio you did probably changed. Please detail the type and amount of cardio you were doing at the start (the first few weeks of your contest diet), halfway and final weeks of your contest prep.

Initial Cardio	Middle Cardio	End Cardio
<i>Example: X minutes, low intensity cardio on a bike less than 60 % Max Heart Rate X times per week,</i>	<i>Example: X minutes Y times per week, low intensity cardio on a bike less than 60 % Max Heart Rate,</i>	<i>Example: X minutes Y times per week, low intensity cardio on a bike less than 60% Max Heart Rate</i>
<i>Example: X minutes Y times per week, low intensity cardio on a bike less than 60% Max Heart Rate,</i>		

Resistance Training

Please detail the type and amount of resistance training you were doing at the start (the first few weeks of your contest diet), halfway and final weeks of your contest prep.

Initial Resistance Training	Middle Resistance Training	End Resistance Training
<i>Example: 4 day split: Chest and abs Back Shoulders and arms Legs 1.5 hr per session, loads between 85 to 95% 1 RM, 5 exercises per bodypart, 3 to 8 reps per set</i>	<i>Example: 5 day split: Chest Back Shoulders Legs Arms 1 hr per session, loads between 75 to 85% 1 RM, 5 exercises per bodypart, 5 to 10 reps per set</i>	<i>Example: Power Hypertrophy 4 times per week upper power lower power upper hypertrophy lower hypertrophy 1 hr per session, loads between 75 to 85% 1 RM, 5 exercises per bodypart, 5 to 15 reps per set</i>

End of Questionnaire