

Male: Recreational Athlete Survey:

1. What is your current age? (Optional) _____

2. What recreational sports do you participate in?

3. Of the following nutrition related topics, please, rank each of the following by level interest and/or importance to your personal health/lifestyle:

[1- Most Interested/ Most Important... 8 Least Interest/ Least Important]

_____ A. Eating Out/ Take Out

_____ B. Fruit, Vegetables, and Whole Grain intake

_____ C. Hidden Calories in Food and Beverages: (Beer/Ale and Energy Drinks, Etc.)

_____ D. Meal Planning: Cooking and Grocery Shopping

_____ E. Sports Performance: Bulking Up

_____ F. Sports Performance: Enhancing Performance

_____ G. Sports Performance: Hydration

_____ H. Weight Management

4. Are there any other topics, which are not listed here, you are concerned about regarding your health? Please list them below: