

## Kidney Stone Intake – Part 2: Lifestyle, Supplements & Weekly Patterns

This section helps us understand your behaviors, weekly rhythm, supplements, and support needs.

<b>△</b> WEEKLY ROUTINE & RHYTHM
• Which best describes your week?
<ul> <li>□ Routine stays the same daily</li> <li>□ Weekdays structured, weekends looser</li> <li>□ Variable shifts or irregular days</li> <li>□ No set schedule</li> </ul>
• Do you eat out more on any days? ☐ Yes ☐ No → When?
• Where do most meals happen? ☐ Home ☐ Work ☐ Car ☐ Café ☐ Delivered
→ OVERNIGHT PATTERNS & FASTING
• Last food or drink of the day? pm/am
• Do you avoid fluids at night? ☐ Yes – to sleep ☐ Yes – to avoid urination ☐ No
• Longest fast in 24 hours (hrs):
$ullet$ Do you eat or drink during the night? $\Box$ Yes $\Box$ No
GROCERY + MEAL PREP HABITS
• Do you do your own grocery shopping? $\square$ Yes $\square$ No $\rightarrow$ If no, who does?
• How do you cook most meals?
$\square$ Fresh ingredients $\square$ Frozen meals $\square$ Packaged mix $\square$ Meal kits $\square$ Delivered
$ullet$ Would you use a kidney-safe meal plan if provided? $\square$ Yes $\square$ No $\square$ Maybe
SUPPLEMENTS + OVER-THE-COUNTER MEDICATIONS
• What do you currently use? (check all that apply)
□ Vitamin C □ Calcium pills □ Vitamin D □ Magnesium □ Fish oil □ Protein powders □ Collagen □ Pre-workout □ Herbal cleanses

OTC Medications used regularly:
☐ Ibuprofen ☐ Naproxen ☐ Acetaminophen ☐ Antacids (Tums, Alka-Seltzer) ☐ Laxatives ☐ Allergy meds ☐ Sleep aids ☐ Other:
• How often? □ Daily □ Weekly □ As needed
• Are you aware how these affect stone risk? □ Yes □ No
PLATE STRUCTURE & PORTIONS
• When you make a meal, it usually is:
$\square$ Mostly protein + carb $\square$ Balanced: veg + protein + carb $\square$ Snack-based/no set meals
How do you estimate portions?
$\square$ Visual estimate $\square$ Measuring tools $\square$ Nutrition tracker/app $\square$ Guess + hunger
LEARNING STYLE & COACHING PREFERENCES
• How do you prefer to learn about your nutrition?
$\square$ Handouts $\square$ Examples $\square$ Visuals/graphics $\square$ Short videos $\square$ Direct advice
• Do you want: □ Full meal plans □ Just food swaps □ Combo □ Not sure yet
• Would you read a 1-page weekly summary? □ Yes □ No □ Maybe