

3. If you prescribe any particular kind of milk would you indicate the extent to which you recommend it:

Ordinary whole milk	0	1	2	3	4	5
High in fat content	0	1	2	3	4	5
Skimmed	0	1	2	3	4	5
Buttermilk	0	1	2	3	4	5

4. If you prescribe milk as a part of the training diet, place a check mark () opposite the time you prefer to have it drunk and another check mark (X) opposite the time you do not wish it drunk:

Drink milk every day at every meal _____
 Drink milk at evening meal only _____
 Drink milk at morning and evening meals _____
 Drink milk at morning meal only _____
 Drink milk just before a contest _____
 Drink milk the last two meals before a contest _____
 Drink milk in the week before a contest _____

5. Using the same scale as that employed in question No. 1, rate the following dairy products with relationship to their relative value in the training diet:

Cheese (any kind)	1	2	3	4	5
Mild yellow cheese	1	2	3	4	5
Limberger cheese	1	2	3	4	5
Cottage cheese	1	2	3	4	5
Strong cheese	1	2	3	4	5
Butter	1	2	3	4	5

6. If you prescribe cheese in the training diet, place a check mark () opposite the time you prefer to have it eaten and another check mark (X) opposite the time you do not want it eaten:

Eat cheese every day at every meal _____
 Eat cheese at morning and evening meals _____
 Eat cheese at evening meal only _____
 Eat cheese at morning meal only _____
 Eat cheese just before a contest _____
 Eat cheese the meal before the contest _____
 Eat cheese the last two meals before a contest _____
 Eat cheese in the week before the contest _____

7. Using the scale in question No. 1, ring the number corresponding to the extent which butter is recommended in the training diet:

0 1 2 3 4 5

8. It is desirable to know which foods are best in your opinion to be eaten just before a contest. Note the ratings which correspond to the letters below:

A _____ especially preferred on the last meal before contest.
 B _____ especially preferred on next to last meal before a contest.
 C _____ might be eaten in moderation any time.
 D _____ should not be eaten the meal before a contest.
 E _____ should not be eaten on the day of the contest.
 F _____ should not be eaten for two days preceding a contest.

Place one of the above letters opposite each of the foods in the following list:
Cereals

Corn flakes	Wheat krispies
Post toasties	Wheatena
Cream of Wheat	Shredded wheat
Grape nuts	Oat meal
Rice flakes	Puffed wheat