# Child Neurotransmitter and Nutrition Assessment Form ${ }^{\text {TM }}$ (CNNQ) 

## Child's Name: <br> $\qquad$ <br> SECTION: GENERAL DIET <br> - Does your child have any food sensitivities or allergies? (If yes, please list)

Age: $\qquad$ Sex: $\qquad$ Date: $\qquad$
$\qquad$
$\qquad$

- List your child's 4 healthiest foods eaten during the average week.
- List your child's 4 unhealthiest foods eaten during the average week.
$\qquad$
- How many times does your child eat candy per week?

Please circle the appropriate number on all questions below ( 0 as the least/never to 3 as the most/always).

## SECTION A

- Does your child eat pasta, breads, and breaded foods?
- Does your child have symptoms (fatigue, hyperactivity, etc) after eating foods containing wheat/gluten?
- Does your child consume dairy products? $\quad 0 \begin{array}{llll}\mathbf{0} & \mathbf{1} & 2 & 3\end{array}$
- Does your child have symptoms (fatigue, hyperactivity, etc) after consuming dairy products?


## SECTION B

- Does your child eat fried fish?
- Does your child eat roasted nuts or seeds?
- Is your child missing essential fatty acid-rich foods in his/her diet? (for example: avocados, flax seeds, olives) (circle " 0 " if present, " 3 " if missing)
- Does your child eat fried foods?


## SECTION C

- Is your child's mental speed slow?
- Does your child have difficulty with learning or memory?
- Does your child have difficulty with balance and coordination?
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
$0 \quad 1 \quad 2 \quad 3$

0123

## SECTION D

- Does your child have stress? $\quad 0 \begin{array}{llll}0 & 1 & 2 & 3\end{array}$
- Does your child not have enough sleep and rest? $\quad 0 \quad 1 \quad 1 \quad 2 \quad 3$
(circle " 0 " if enough, " 3 " if not enough)
- Does your child not have regular exercise?
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
(circle " 0 " if regular exercise, " 3 " if no exercise)
- Does your child feel overly worried and scared?
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$

SECTION E

- Does your child have temper tantrums? $\quad 0 \quad 1 \quad 2 \quad 3$
- Does your child exhibit wild behavior? 0
- Does your child frequently yell or scream for unnecessary reasons?
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
- Does your child have an inability to nap or sleep when physically exhausted? (circle " 0 " if able, " 3 " if unable) $\quad \mathbf{0}$ 1
- Is your child overly talkative? $\quad 0 \begin{array}{llll}\mathbf{0} & \mathbf{1} & 2 & 3\end{array}$
- Does your child fidget and squirm when seated? $\quad 0 \quad 1 \quad 1 \quad 2 \quad 3$
- Does your child run and climb excessively? $\quad 0 \quad 1 \quad \mathbf{1}$
- Does your child have difficulty playing quietly or engaging in leisure activities?
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$


## SECTION F

- Does your child get excited easily?
- Does your child have anxiety and panic for minor reasons?
- Does your child feel overwhelmed for minor reasons?
- Does your child find it difficult to relax when he/she is awake?
- Does your child have disorganized attention?


## SECTION G

- Does your child seem depressed?
- Does your child have mood changes with overcast weather?
- Does your child have symptoms of inner rage?
- Does your child seem uninterested in games or hobbies?
- Does your child have difficulty falling into deep, restful sleep?
- Does your child seem uninterested in friendships?
- Does your child have unprovoked anger?
- Does your child seem uninterested in eating?
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$ $\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$


## SECTION H

- Does your child have difficulty handling stress?
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
- Does your child have anger and aggression while being challenged?
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
- Does your child feel tired even after many hours of sleep?
- Does your child tend to isolate himself/herself from others?
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
- Does your child get distracted easily?
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
- Does your child have a constant need and desire for candy and sugar?
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
- Does your child have disorganized attention? $\quad 0 \quad \mathbf{1}$


## SECTION I

- Does your child have difficulty with visual memory (shapes and images)?
- Does your child have difficulty remembering locations?
- Does your child have fatigue or low endurance for learning activities?
- Does your child have difficulty with attention or a short attention span?
- Does your child have slow or difficult speech? $\quad 0 \begin{array}{llll}1 & \mathbf{1} & \mathbf{3}\end{array}$
- Does your child have uncoordinated or slow movements?
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$
0123

0123

01123
$\begin{array}{llll}0 & 1 & 2 & 3\end{array}$

