

Preparing for your Nutritional Consultation

Thank you for taking the steps towards living a healthy and positive lifestyle! The program will give you the personalized education you need to make positive changes to what you eat today for a healthier tomorrow. Your journey towards optimal health will include exercise, positive lifestyle choices and great nutritional habits.

This Intake Package has three important documents that must be completed and returned to me one week prior to your first appointment. This will allow me to prepare for our initial appointment.

Please follow the instructions carefully.

1. Five-Day Food Diary: Please record everything that goes into your mouth (eating or drinking) on the enclosed sheets. The more detail, the better.
2. Lifestyle Questionnaire
3. Nutritional Client Statement Form

Where do I meet my Nutritional Consultant?

Nutritional Consultations can be done either at your home or mine. Travel charges may apply.

What is the cancellation policy?

If it is necessary to change your appointment, please contact Deanna at 519-270-1889. If you need to cancel your appointment 24 hours notice must be given or you will be charged for the appointment.

Thank you again for your cooperation and commitment towards making changes for your healthier tomorrow.