

Please fill out the information below. This will allow us to hit the ground running at our first meeting! I look forward to meeting you. See you soon!

Name:

Age:

Height:

Weight:

Dx:

Reason for visit:

What do you hope to achieve in this session?

Have you experienced any recent weight loss or weight gain? Please specify time frame if so.

What are your sleeping patterns like? How many hours do you sleep per night?

What is your current stress level? If moderate to high, please explain what is contributing to that.

Do you consume alcohol? If so, how much and how often?

What is your current physical activity level? Please include type, duration, and frequency.

Do you have a full kitchen available to you? Yes No

Do you know how to cook? Yes No

Do you have a meal plan on campus? Yes No

How often do you eat out (not including the cafeteria on campus)?

What are the nutrition and eating habits that are most challenging for you?

What are the nutrition and eating habits you are most pleased with?

Any additional information you would like to share prior to our first meeting?