



*Welcome!*

First of all, I would like to congratulate you for taking the first step to improving your overall health and nutrition-related decisions, whether it is to lose weight or increase athletic performance. As a Registered and Licensed Dietitian, I will work with you to begin making the proper nutrition decisions regarding: Sports Performance, Weight Management, Disordered Eating and Eating on the Run. If there are other areas you're interested in that you do not feel are included in one of these categories (i.e. Diabetes or Cholesterol Control), contact me and I'll see what we can do.

The information included in this packet will assist me in getting to know you personally and learn what your expectations are when we meet in our sessions. It is crucial that you fill it out thoroughly and accurately. Below I have listed descriptions of each questionnaire to assist you:

- *The Client Assessment Form* will provide me with basic personal information. It contains important medical history and physician's release sections (if necessary.)
- *The 3-Day Food Recall* will provide the necessary information on your eating habits, which will allow me to analyze your current diet and develop menus that are unique to your lifestyle. Please follow the instructions provided at the top of the form.
- *The Favorite Foods Questionnaire* will provide me with additional information necessary to individualize your menu plans. This will ensure that the foods you select will be used regularly, so you will feel good about what you're eating. Simply follow the instructions given to complete this form.
- *The Participant Consent Form* explains the terms under which we will conduct the sessions.

*What you can expect during the scheduled sessions:*

- Session 1 (Goal Discussion, Evaluation, Assessment & History) - We will discuss completed paperwork. Then, I will explain what your current eating habits mean to you and begin educating you on ways to alter them to meet your goals.
- Session 2 (Education, Menu Plans, Serving Sizes & Exchanges) - I will provide your menu plans and we will discuss how to make exchanges within food groups so you are consuming the correct amount of calories based on your needs. An explanation of foods and their serving sizes will also be discussed.
- Session 3 (Total Nutrition & Results) - This session will generally be used for a more specific question/problem area (i.e. supplements, exercise, etc.)
- Session 4 (Grocery Store Tour or Equivalent) – The last session is to address grocery shopping questions or if you're primarily a restaurant eater, we will eat at a restaurant and learn the ropes when making selections from a menu.
- Follow-Up Sessions (ReEvaluation) – Now that it's been 6-8 weeks, how much progress is being made? Are your decisions still in line with your original goals?

**Remember:** Sessions can be conducted differently. It will depend on your goals and expectations.

Please complete questionnaires and return to me at your earliest convenience.

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