

VITALITY FOOD

A CAUSE FOR HEALTH

Visualizations and aspirations

Consultation

I want to help you feel success. Before we meet, it would be helpful if you would share with me three pieces of information ...

1. A brief and relevant history

Please indicate your age, weight, body fat percentage (if known), a typical day's diet), sample of daily physical activities, all pertinent health history, medications, occupation, education, and anything else you feel will assist in a greater understanding of your situation and concerns.

2. A list of your goals.

A clear understanding of your own goals will help us stay focused.

The list may be long or short, specific or general.

I wish to help you in obtaining whatever goals are compatible with your current individual situation.

3. Your initial questions.

In order to make our time together the most efficient, please write your questions as clearly as possible. You may want to email them to me ahead of the consultation - jaylene.vitalityfood@gmail.com. It will help in creating a worthwhile training session.

Optional: What do you hope to gain from our time together?
(You may want to journal what you eat on a typical day.)

Please note this consultation and training will be in the form of instruction and education, and is not for the purpose of medical advice or treatment. Any lifestyle choices will be the responsibility of the client.

Please sign and date _____