

VITALITY FOOD

A CAUSE FOR HEALTH

Visualizations and aspirations

Consultation

I want to help you succeed. Before we begin, I would like you to 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, caloronutrient ratio analysis (if possible) sample of daily physical activities, all pertinent health history, medications, alcohol and recreational drug use (if any) occupation, education, and anything else you feel will assist me to understand your situation and concerns.

2. A list of your goals.

I wish to help you in reaching your goals, not to superimpose mine upon you.

What do you hope to gain from our time together?

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

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

3. Your initial questions.

Many people have difficulty forming their questions, so in order to aid both of us, please write them, and email them to me, as clearly as possible. Your questions and how you ask them will help let me know of your current understanding of the issue. It will help me in creating an appropriate training session.

FEES: My current fee is \$60.00/hour. Please let me know how much time you would like to put into our work, and I will respect that request.

Please note this consultation and training will be in the form of instruction and education. All suggestions that I will make in the way of lifestyle choices, if followed, will be the responsibility of the client.

Please sign and date_____