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## Client Assessment Directions

Please fill out the following forms prior to your initial appointment.

### 1. Lifestyle Assessment Form

This is a completely confidential form. This form helps with evaluation of past health history; as well as challenges that may need to be recognized regarding future food and lifestyle choices.

### 2. Nutrition Survey Form

This survey is looking at the entire natural health spectrum rather than for one specific ailment. This form produces an in-depth evaluation of a patient's health by analyzing responses to a detailed symptom questionnaire.

**3. Recent Blood and Lab work copies:** Please bring, send or fax copies.

### 5. Food Diary Forms

<http://denver-nutrition.com/pdf/Food-diary.pdf>

(Please print out 7 days worth and return to me next week-end.)

Complete a seven-day diet diary.

Please use the free and simple online diet diary tool: [www.fitday.com](http://www.fitday.com)

Or use the diary forms, found on my website, to record your daily intake.

### Record the following:

- All foods eaten
- All supplements
- Medications
- All beverages and water consumed
- Include the time of day consumed and the approximate quantity
- Bowel movements, time of day, size and consistency

Please include what you are really eating. Remember, there is no judgment here. We all have room for improvement. The actual recording of your diet is in itself a learning experience. Most people are not aware of what they eat, especially when they are eating on the run, snacking or eating for reasons other than hunger.

Recording bowel movements is also important. The definition of constipation is fewer than two movements per day, the consistency of toothpaste.

Digestion includes all of the processes from the mouth to the anus.

Healthy elimination is imperative for optimal health.

**6. Evaluation Appointment:** Upon receipt of your food diary and intake form, we will calculate the best food choices for you for 1 week. Again, keeping a food diary, we will be able to sharpen your goals with your food choices and health goals.

This is an opportunity for both of us. You will get an evaluation of your food choices and changes over the next few weeks. I will get an opportunity to work with you and share my best to help you on your path to optimum wellness.

Thank you for your participation. I look forward to being of service!