## **Nutrition Pre-Assessment Form**

hat do you hope to accom	plish thro	ugh a c	consult	with a	registe	red die	titian?		
et Recall: Please list ever nsumed.	ything you	would	eat and	d drink	on a ty	ypical (	day. Plo	ease ir	nclude time of day and a
lease describe your activit	y level. Pro	ovide d	etails o	n amou	ınt of p	hysica	l activi	ty (typ	oe, frequency, duration)
lease describe your activit	y level. Pro	ovide d	etails o	n amoi	ınt of p	hysica	l activi	ty (typ	pe, frequency, duration)
lease describe your activit	y level. Pro	ovide d	etails o	n amou	unt of p	hysica	l activi	ty (typ	oe, frequency, duration)
lease describe your activit						-		ty (typ	oe, frequency, duration)
	you are that	you ca	an chanş	ge your	eating	-		ty (typ	VERY CONFIDENT
lease circle how <u>confident</u> y  NOT VERY CON	you are that NFIDENT 2	you ca	an chanş	ge your	eating 6	behavio	ors.		
lease circle how <u>confident y</u> NOT VERY CON 1 lease circle how <u>motivated</u>	you are that NFIDENT 2 your are to	you ca 3 change	an chanş	ge your	eating 6	behavio	ors.		VERY CONFIDENT
lease circle how <u>confident</u> y  NOT VERY CON	you are that NFIDENT 2 your are to	you ca 3 change	an chanş	ge your 5 ating be	eating 6	behavio	ors.		VERY CONFIDENT