

A.E. Finley YMCA Nutrition Consultation Registration Form

We're excited that you have chosen to have a nutrition consultation with one of our registered dietitians. Return the completed registration forms to the Fitness Desk, and you will then be contacted to schedule your consultation. Be sure to add as much information to your food log as possible to assist the dietitian with analysis. The consultation fee of \$50 should be paid to the Front Desk prior to your appointment, and the receipt should be given to the dietitian.

Name _____

Email _____

Home Phone _____ Work Phone _____

Address _____

Emergency Contact _____

Phone _____ Relationship _____

I am available for consultation: M T W TH F Sa Su (circle all that apply)

Best time of day: _____

Nutrition Information

Please specify any food allergies _____

Please specify any diet prescribed by a physician due to a health problem.

Please list physician's name and reason for your specific diet _____

If you are interested in weight loss, please list any weight loss diets you have tried in the past and whether they were successful or not. Are you currently following one of these diets? _____
