

jess lancaster
NUTRITION

NEW CLIENT
WELCOME PACKAGE

WWW.JESSLANCASTER.COM

Dear Client,

Congratulations on setting up your first nutritional coaching appointment - an important step towards optimal health!

As your Certified Nutritional Practitioner, I will be gathering and assessing information about your physical symptoms, diet, and the combined effects of environmental and emotional stressors. I look forward to guiding you and improving your health through my lifestyle detoxification & nutrition coaching programs.

Enclosed within this welcome package are the following forms for you to read through and complete:

- Client-Nutritionist Agreement
- Health History Evaluation
- Food Log Guide

Please fill out this form digitally and submit this document via email prior to our initial consultation.

During our initial consultation, we will go through your Health History Evaluation and I will make some preliminary suggestions, taking your Food Log into consideration. Follow up visits will provide further support, discuss any nutrient deficiencies and specific recommendations based on any lab results.

I am eager to put your health back into your own hands, and look forward to creating a personalized and customized protocol which may include supplements, diet recommendations, and lifestyle suggestions.

If you have any questions in advance, please feel free to contact me.

I look forward to working with you!

In health + wellness,

jess lancaster
BA • CNP

CLIENT-NUTRITIONIST AGREEMENT

I understand and acknowledge that jess lancaster, CNP, is dedicated to protecting and advancing the general well-being of clients in a natural way and is not operating as a centre for the treatment of disease or illness.

The services performed by jess lancaster, CNP, are at all times restricted to consultation on the subject of nutritional matters intended for the maintenance of the best possible state of health and do not involve the diagnosing, prognosticating, treatment or prescribing of medicine for any disease.

I understand that all information provided by jess lancaster, CNP is purely for the purpose of healing and assessment and that no information will be disclosed to others or used in any other manner without my written permission.

SIGNATURE

NAME

DATE

ADDRESS

PHONE

EMAIL

HEALTH HISTORY EVALUATION

The following questionnaire helps to identify the potential relationship between various underlying causes and your health. Please be as honest and thorough as you can, and use the spaces to provide any details.

FULL NAME _____ PHONE NUMBER _____

GENDER _____ BIRTHDAY _____ EMAIL _____

ADDRESS _____

BLOOD TYPE _____ HEIGHT _____ WEIGHT _____ BMI _____

OCCUPATION _____

MAIN HEALTH GOALS: 1. _____

2. _____

3. _____

MAIN HEALTH CONCERNS/SYMPTOMS: 1. _____

2. _____

3. _____

ALLERGIES:

MEDICATIONS (past/current):

ANTIBIOTICS (last time, how often?):

SUPPLEMENTS (brand/dosage):

DIGESTION (bloating/gas/constipation/bowels):

ENERGY LEVEL OUT OF /10

PAST ILLNESS/HOSPITALIZATION/SURGERY?

HISTORY OF FAMILY ILLNESS/DISEASE?

WEEKLY EXERCISE (HRS): CARDIO? Y N STRENGTH TRAINING? Y N

STRESS LEVEL OUT OF /10 SOURCES OF STRESS

SLEEP ISSUES? Y N

HOURS/NIGHT

FOOD LOG COMPLETED

DAILY INTAKE OF COFFEE: TEA: SODA: ALCOHOL: WATER:

FOOD CRAVINGS?

DIET/CLEANSE HISTORY?

SMOKING/DRUGS?

OTHER INFORMATION:

FOOD LOG GUIDE

In order to best help you reach your goals and improve your health, knowing what you eat and how you nourish your body is one of the most helpful tools!

There are two ways to share this information with me, **choose one of the following options:**

IPHONE/SMARTPHONE

If you use a smartphone, simply take a photo of every meal, drink or snack for 1 week and create an album for us to review together. If you have an iPhone, you can easily create a shared Photo album, if you wish:

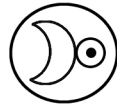
1. Under Settings > Photos & Camera, turn on iCloud Photo Sharing
2. Open Photos app on iPhone
3. Tap Shared button at the bottom of the screen
4. Tap + in upper left, Start Sharing or New Shared Album at the bottom of the list to add an album
5. Type in a name for the shared album (ex. Food Jan 2-8), then tap Next
6. In the To: field, enter my email address (jess@jesslancaster.com), then tap Create
7. Tap the album to add photos
8. Tap the photos of all food, drinks and snacks from the previous week to add them to the album
9. Tap Done, add a message if you want, then tap Post

FOOD LOG TABLE

Alternatively, if you don't have a smartphone, you can complete the food log table on the following page by hand or fill it in directly on this document. Record **all times of meals and include all food and drink consumed over a 3 day period**. Use the mood section to note how you feel (tired, gas, bloating, nausea, constipation, aches etc) on each day.



	DAY 1:	DAY 2:	DAY 3:
BREAKFAST			
SNACK			
LUNCH			
SNACK			
DINNER			
SNACK			
MOOD			



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CLICK TO EMAIL COMPLETED FORM TO
JESS@JESSLANCASTER.COM