

Session Preparation Sheet



NUTRITION CONSULTING INC.

Important! To get the most out of our next appointment, we need you to spend several minutes preparing for it. Please email a copy of this sheet before our upcoming session or alternatively bring a copy of this sheet to each meeting.

1.

What is working?
What have I accomplished since our last session(s)?

2.

What is not working yet?
What did I attempt but found hard to start/maintain since our last session(s)?

3.

Where am I stuck?
What is the most pressing challenges or issues I am facing right now?

4.

Anything else we should know?
