

Last Name	First Name	Date
Phone Number	Email	Adelaide Club Member <input type="checkbox"/> Yes <input type="checkbox"/> No
How did you hear about Essence Nutrition Counselling at Adelaide Clinic?		
My main nutrition goals are: 1 _____ _____ 2 _____ _____ 3 _____ _____		
My favourite foods are: 	My favourite eating habits are: (e.g. morning coffee, family Sunday dinner) 	
My current nutrition challenges are: 		
In 6 months I want to achieve: 		
If, on a scale of 1 to 10, 1 is not at all motivated to change your lifestyle, and 10 is 100% motivated to change, What number would you give yourself right now?	_____ Number from 1 to 10	
The benefits I expect from consulting a Dietitian include... 		