



New Client Checklist

Please bring this checklist and all of the signed documents listed below to the first appointment. *You only need to print out the documents and page numbers that are listed below.*

We will review all of the paperwork during the first part of the appointment and I will keep these documents in the medical record I create for each clients.

I look forward to working with you!

- Authorization for Release of Information
 - Please complete, print and sign this form if you would like me to be able to talk to any of your other healthcare providers (therapist, primary care physician etc.) or family members (spouse, parents if over the age of 18). Please complete a form for each individual you would like me to speak with. I will have extra copies at the first appointment if you need additional copies.

- Financial Agreement
 - Please read, print and sign page 1 (Financial Agreement and Cancellation Policy)
 - Please read, print and sign page 2 (Debit/Credit Card Release)

- Informed Consent
 - Please read, print and sign page 3

- HIPPA Privacy Practices
 - Please read, print and sign page 6 (Acknowledgement/Receipt of Notice of Privacy Practices)
 - Please read, print and sign page 7 (Communication Agreement)

- Nutrition Assessment
 - Please complete this assessment to the best of your ability before the first session. Print all of the pages of this assessment and bring it to your appointment.

- Behavioral Nutrition Assessment
 - Please complete the assessment to the best of your ability before the first session. Print all of the pages of this assessment and bring it to your appointment.

- Food Record
 - Please keep a food record for 2 days (1 weekend day and 1 weekday day) prior to the first appointment. This will allow me to see what types of foods you are eating, how much you are eating, and when you are eating. Honesty is the best policy when it comes to food records. The more information I have about your current eating habits, the more effectively I will be able to help you achieve your nutrition goals.