



Client Consultation Record

Name _____ Client ID _____

Specialist _____

In the spaces provided below document your observations and the discussions between you and the client regarding his/her healthcare and fitness program. Documentation can include areas of success and/or opportunities for improvement. Examples of relevant topics include:

- Nutrition
- Nutrition Products
- Training Frequency
- Cardio
- Resistance Training
- Flexibility

Based on the observation and/or feedback, determine the next steps for the clients program.

Date:
Specialist Observations/Client Feedback
Action Plan

Date:
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Action Plan

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Action Plan

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MILESTONES SOLUTION

Offering e-training, telephone counseling, and visits with a health coach that offers lifestyle advice for weight-loss, personal health management, fitness, and a comprehensive Lifestyle Solutions program of skill-building in dietary and exercise habits under the guidance of a registered dietitian, a trained professional health coach, or exercise specialist that achieves realistic goals, rather than failing to achieve what are nearly impossible goals.