

# Checklist for your appointment

## How to use this checklist?

1. Fill out the PDF form provided.
2. Download or print the completed form.
3. Bring to your dietician appointment.

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### Set specific and measurable goals

Define what you want to achieve (e.g., lower blood sugar, lose weight, improve overall health, manage a condition)

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### Track your current eating habits

Keep a food journal for at least 3 consecutive days, noting what you eat, when you eat, and how much you eat each day. Nutrition tracking apps i.e. MyFitnessPal may help you to make this journal.

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### Outline any health concerns

Write down all health-related concerns, including those not tied to a specific medical condition

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**Gather your medical history**

Note existing conditions, family history (e.g., diabetes, heart disease), medications, vitamins, and supplements (with doses), and allergies

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**Bring recent bloodwork and lab data**

Include blood sugar levels, cholesterol, and any past diagnoses or deficiencies so your Dietitian can suggest specific dietary and supplement protocols

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**Keep track of bowel movement patterns**

Note frequency, texture, colour, and consistency for digestive insight

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**Prepare a list of questions**

Write down questions you want to ask during the session

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**Note your wellness goals and fitness routine**

Share your current activity level and what you'd like to improve

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