



### Nutrition Coaching Interest Sheet

*Please Return this Form to the Health & Fitness Desk*

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Email: \_\_\_\_\_

What are your Nutrition Interests? (Please Check all that apply)

Weight Loss

Meal Planning

Diet Tracking

Healthy Alternatives

Diet Education\*

Changing Habits

Nutrient Education

Portion Control

\*Check this box if you would like more information on a diet you would like to adopt or have heard about

Please explain what you would like to gain from Nutrition Coaching:

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Days Available:

Tuesday AM PM

Wednesday AM PM

Thursday AM PM

Friday AM PM

Saturday AM PM

Nutrition Coaching Fees:

Consult: Free

1 Month= \$100.00 (1 session/week)

3 Months= \$250.00

*If you have any questions, please stop by the Health and Fitness Desk, call, or email our Health and Wellness Coordinator, Hannah Dulovich, at 607-547-2800 ext.123 or dulovichh@clarksportscenter.com*