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Email: [personalnutritonandhealth@gmail.com](mailto:personalnutritonandhealth@gmail.com)

Website: [www.personalnutritionandhealth.com](http://www.personalnutritionandhealth.com)

Thank you for contacting me with regard your nutrition consultation.

In order to provide you with the most accurate nutrition advice and a plan that suits you, I have attached a diet history as well as some additional information for you to complete before our initial assessment.

Remember to provide as much detail as possible as this allows for more specific dietary advice.

If you could complete this and email/mail it back to me before your consultation, that would be great.

I understand the diet history will be a challenge but it is purely to get an idea of your current energy intake and dietary patterns and allows us to formulate a plan which works along with this to suit your needs.

If you have any problems or queries please to not hesitate to contact me,

Kind Regards,

Laurann O’Reilly

Personal Nutrition & Health

**Details Required for Initial Assessment**

**Full Name:**

**Contact Telephone Number:**

**Email:**

**Date of Birth:**

**Height:**

**Current Weight:**

**Target Weight:**

**Occupation:**

**Relevant Medical History:**

**Relevant Recent Blood/Biochemical Results:**

**Details of Current Physical Activity:**

**Please provide a brief outline of what you wish to achieve from your nutrition consultation:**