

Webinar 11 Handout: CLIENT FOLLOW-UP FORM

Please note that my comments are in italics. There is a separate tool without my comments for you to use with clients. In the first session you will use the Client Intake Form, and in the second session you will review the letter and meal plan. Use this form to help structure follow-up sessions.

Name: _____

Date: / /

Areas of Success

List areas where your client has been successful thus far. This doesn't have to mean that he/she has met goal(s); these might just be small changes, or even that he/she has kept a positive attitude. Try to think of at least 2-3 areas where your client has felt successful and proud.

1.

2

3.

Next, discuss areas your clients needs to work on, and come up with a few tips to help him/her be successful.

Areas to Work On	Tips for Success

Goals

Come up with two or three goals for your client to work towards for the next session. These might be the same goals discussed in the first session, or he/she might have updated more specific goals. He/she may even have met an original goal already!

1.

2.

3.

Nutritious Life Mantra

Together with your client, come up with a unique Nutritious Life Mantra that feels empowering and inspiring to that person. This may be the same mantra week after week.
