

Webinar 11 Handout:
ANNUAL NUTRITION CHECKUP

Though clients may meet their nutrition goals after four or eight sessions, the relationship doesn't have to end there. You are their nutrition and health resource long-term! Let clients know they can reach out to you with any questions or concerns that come up in the future so that you can continue to help them live their most Nutritious Lives.

I typically schedule an annual "nutrition checkup" once clients have met their goals and are not coming in regularly anymore. This is an opportunity to reconnect with clients and make sure they are staying on track with their accomplishments. This can be done via email or ideally the client will come into the office for a checkup session. Here are examples of what a checkup email or in-office session can look like to give you an idea of what to cover.

Example email:

Hi [Client Name],

I hope all is well! Can you believe it has been a year since our last session together? When we last met, you had accomplished:

- Goal #1
- Goal #2
- Goal #3

I wanted to check in and see how you are doing with maintaining the incredible progress that you made. If you have any questions or concerns you would like to discuss, I would love to continue to work with you. Let me know if you would like to come into the office for an appointment.

Warm and healthy regards,
[Your name]

In Office Template:

Use this template to help guide your session. It has been a year since you have last seen this client, so it is helpful to have these goals right in front of you when you sit down.

Name: _____

Date of Last Session: / /

Today's Date: / /

Goals Met at Last Session:

1. Goal #1
2. Goal #2
3. Goal #3

Notes:**New Goals:**

- 1.
- 2.
- 3.