

# Welcome to Our Muscle Gain Consultation Program

Dear [Client's Name],

Thank you for choosing our fitness center for your muscle gain journey. We are excited to have you on board!

## Consultation Details

Your initial consultation with our registered dietitian is scheduled for:

- Date: [Insert Date]
- Time: [Insert Time]
- Location: [Insert Location]

## What to Expect

During your consultation, we will discuss:

- Your current dietary habits
- Specific muscle gain goals
- Personalized meal planning
- Supplement recommendations

## Preparation

Please come prepared with the following:

- A food diary for the past week
- Any medical history or dietary restrictions

If you have any questions or need to reschedule, feel free to contact us at [Insert Contact Information].

Looking forward to helping you achieve your fitness goals!

Best,

[Your Name]  
[Your Title]  
[Fitness Center Name]