

# Fitness Center Dietitian Consultation Program

Date: [Insert Date]

Dear [Client's Name],

Thank you for your interest in our Dietitian Consultation Program aimed at enhancing sports performance. We are excited to guide you on your journey towards achieving your fitness goals through personalized nutrition advice.

## Program Overview

- Initial Assessment: Detailed evaluation of your current diet, lifestyle, and athletic performance.
- Personalized Meal Planning: Customized meal plans tailored to your specific sport and performance goals.
- Ongoing Support: Regular check-ins and adjustments to your diet plan as needed.
- Educational Resources: Access to workshops and materials on nutrition and sports performance.

## Consultation Schedule

Your first consultation is scheduled for [Insert Date and Time]. Please arrive at least 15 minutes early.

## Preparation for Your Session

To maximize the benefits of your consultation, please bring the following:

- A food diary documenting your meals for the past week.
- Any relevant medical history or dietary restrictions.
- Your sports performance goals and weekly training schedule.

If you have any questions or need to reschedule, feel free to contact our office at [Insert Phone Number] or [Insert Email Address].

We look forward to working with you and helping you reach your performance potential!

Sincerely,  
[Your Name]  
[Your Title]  
[Fitness Center Name]