

Follow-Up on Your Dietary Consultation

Date: [Insert Date]

Dear [Athlete's Name],

I hope this message finds you well. I wanted to follow up on our recent dietary consultation to discuss your progress and any adjustments needed for optimizing your athletic performance.

Progress Update

Over the past few weeks, you have made significant strides in [specific details about their dietary changes]. It is encouraging to see how these changes have impacted your [energy levels, performance metrics, recovery, etc.].

Recommendations

Based on our conversation and your progress, I recommend the following adjustments:

- Increase [specific food or nutrient intake]
- Monitor [hydration, specific supplements, etc.]
- Incorporate [new meal/snack ideas] before/after training sessions

Next Steps

Let's schedule our next follow-up for [suggest date/time] to review your progress and make any necessary adjustments. Please feel free to reach out with any questions or concerns in the meantime.

Best regards,

[Your Name]

[Your Title]

[Your Contact Information]