

# Dietary Consultation Follow-Up

Date: [Insert Date]

To: [Client's Name]  
[Client's Address]  
[City, State, Zip Code]  
[Client's Email]

Dear [Client's Name],

Thank you for attending your dietary consultation on [Consultation Date]. I appreciate your commitment to improving your health and working towards your weight management goals.

## Follow-Up Recommendations:

- Continue with the personalized meal plan provided.
- Incorporate regular physical activity into your routine.
- Track your food intake and exercise using a journal or app.
- Stay hydrated by drinking at least [X] liters of water daily.
- Schedule a follow-up appointment in [X] weeks to assess your progress.

If you have any questions or need further assistance, please feel free to reach out via email or phone.

Looking forward to hearing about your progress!

Best regards,

[Your Name]  
[Your Title]  
[Your Contact Information]  
[Your Practice/Organization Name]