

# Guidance for Your Nutritional Counseling Appointment

Dear [Client's Name],

We are excited to welcome you to your upcoming nutritional counseling appointment scheduled for [Date] at [Time]. Our goal is to support you in your journey towards achieving optimal health and well-being.

## Preparation for Your Appointment

- Please bring a list of any medications and supplements you are currently taking.
- Keep a food diary for the three days leading up to your appointment to help us better understand your eating habits.
- Think about your health goals and any specific challenges you're facing with nutrition.

## Appointment Details

Your appointment will last approximately [Duration] and will take place at [Location]. If you can't make it, please inform us at least 24 hours in advance.

## What to Expect

If you have any questions before the appointment, please feel free to reach out to us at [Contact Information].

We look forward to helping you on your path to better nutrition!

Best regards,

[Your Name]

[Your Title]

[Your Organization]