

# Appointment Reschedule Request

Date: [Insert Date]

To: [Nutritionist's Name]

Subject: Request to Reschedule Nutrition Counseling Appointment

Dear [Nutritionist's Name],

I hope this message finds you well. I am writing to inform you that I am unable to attend our scheduled nutrition counseling appointment on [original date and time] due to [brief reason for rescheduling].

Could we please reschedule our meeting? I am available on the following dates and times:

- [Option 1: Date and Time]
- [Option 2: Date and Time]
- [Option 3: Date and Time]

Thank you for your understanding, and I apologize for any inconvenience this may cause. I look forward to our session and hope to continue making progress on my nutrition goals.

Warm regards,

[Your Name]

[Your Contact Information]