

Healthy Living Program

MMC (305) 348-2401 Ext. 5

Name: _____

Panther ID#: _____

Date: _____

Nutrition Consultation Follow-Up Form

Guidelines for your Follow-Up Appointment

- Please fill out your completed follow-up form and either bring it in person to the Healthy Living Program office or email it to shsdiet@fiu.edu at least 2 days before your follow up appointment.
- Complete the food journal as it will help the Dietitian be able to see changes made in your diet since the initial appointment.
- If you have any questions about your follow-up appointment or need to cancel or reschedule please contact the Healthy Living Program at 305-348-2401 Extension 5.

What goals did you set at your last appointment? _____

Were you able to meet the goals you set? ☐ Yes ☐ No ☐ Somewhat

Please explain in further detail: _____

How have your eating habits changed since your last appointment? _____

What is your overall mood like since our last appointment?

☐ Much Worse ☐ Somewhat Worse ☐ About the same ☐ Somewhat better ☐ Much better

What are your current concerns and nutrition goals at this time? _____

Please rate the following:

How important is it to you to make a change in your nutrition habits?

Not at all
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

How confident are you in your ability to change now?

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7 8 9 10

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Food Journal: Please record your food intake for 2 weekdays and 1 weekend day & submit your forms to shsdiet@fiu.edu or the Healthy Living Program office at least 2 days before your appointment.

Weekday 01	WHAT & HOW MUCH?	WHERE?	WHY? (Triggers, etc.)	HUNGER LEVEL? (Rate from 1-4)
Breakfast Time:				
Lunch Time:				
Dinner Time:				
All Snacks Times:				

Weekday 02	WHAT & HOW MUCH?	WHERE?	WHY? (Triggers, etc.)	HUNGER LEVEL? (Rate from 1-4)
Breakfast Time:				
Lunch Time:				
Dinner Time:				
All Snacks Times:				

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Weekend 01	WHAT & HOW MUCH?	WHERE?	WHY? (Triggers, etc.)	HUNGER LEVEL? (Rate from 1-4)
Breakfast Time:				
Lunch Time:				
Dinner Time:				
All Snacks Times:				

Please use the guide below to estimate your portion sizes for the food journal

