### SAMPLE NUTRITION COACHING CHECKLIST

#### BEFORE THE FIRST SESSION
- Send the health and wellness questionnaire to the patient
- Review the questionnaire to assess stages of readiness and areas to build on
- Note concerns
- Formulate initial strength based questioning

#### THE FIRST SESSION
- Thank patient for completing the health questionnaire
- Share personal passion, credentials and experience
- Create health goals and weight loss/wellness vision with patient
- Open and share patient starter kit
- Register patient on portal and review main features of the portal
- Review weight loss expectations (Monthly weight loss based on weight)
- Review the commitment contract and the purpose
- Clarify and answer questions regarding the accommodation period. How to handle nausea, tips for staying hydrated, time off work, who to call with medical questions and concerns
- Review the pre-procedure diet
- Review the post-procedure diet
- Review signs and symptoms of hunger vs. fullness. Explain what may happen when they over eat. Symptoms may vary
- Set date for next session

#### ON GOING SESSIONS
- Collaborate with client to identify a topic to work on. Ask, “What went well this week?” and “What areas could you use help?”
- Explore strengths and environmental issues that the patient can leverage to move forward
- Engage in brainstorming if needed
- Ask patient to choose a goal they are ready to pursue and set a SMART goal
- Assess readiness: Ask, “On a scale of 1-10 (10 being most likely) how likely are you to achieve this goal?” If they choose a low number like 4, ask why they didn’t choose a 3. Modify the goal if necessary to increase chance of success.
- Review signs and symptoms of hunger vs. fullness.
- Set date for next session