

## **C4 Eco-chef Questionnaire :: Initial Consultation**

Name:

To make expeditious use of time during our initial consultation, it would be helpful if you could be prepared to answer the following:

1. Why do you require Eco-chef Kimberly's assistance? What are your goals? What would you like to achieve i.e. improve general sense of well-being, lose weight, reduce body mass index (BMI), etc.

2. Any known food allergies or foods that trouble you? Please list them here:

3. Are there any health issues you'd like to investigate managing via diet i.e. recovery from an illness (cancer, cardiac conditions, diabetes, etc.), optimize athletic performance, etc.

4. Meal plan interests i.e. foods do you like to eat, interest in special diet plans, etc.

5. Blood type?

6. Your availability after 2 p.m. on Mon, Wed, Sat and Sun?

7. Physical location in the SF Bay Area? Are you within a 5 mile bicycle ride from BART?

**NB: All information provided to Kimberly will be held in the strictest confidence and your privacy respected.**