

Client Name: _____

Date: _____

CHECKLIST



Weight Management Checklist

- Discuss long term and short term goals.
- Understand appropriate portion sizes.
- Identify hidden calorie sources! Specifically look at beverages and snacks.
- Cover reading a nutrition label, and how to navigate the grocery store.
- Encourage Physical Activity! Make it part of the daily routine.
- Promote more fruits and vegetables in the diet.
- Educate on the benefits of breakfast.
- What are Healthy Snacks?
- Identify a support system for long term health outcomes.
- Reassess goals. It is okay for goals to evolve over time.
- _____

Other Notes:

