



Our Proactive Path

with Vanessa Dunford, MSc, BSN, Dip NT CNM, mANP, mGNC



YOUR ONGOING
NATUROPATHIC JOURNEY IN
CREATING A HEALTHIER &
MORE BALANCED LIFE



Naturopathic Nutrition Follow-up Form

(CONFIDENTIAL)

SECTION A:

(completed by the client)

Client's details:

Name: _____

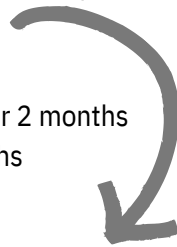
Today's Date: _____

Write all your medications or supplements (including brand new ones).
Please write a list of these items with dosage information.

Example:

Methotrexate, 15mg injection once a week (every Thursday) for 2 months

Aid-Inflam by New Roots Herbals, 2 capsules/daily for 3 months





SECTION B:

(completed by the client)

Main priority health concerns/reasons for scheduling a follow-up consultation with Vee:

Rate how bad this health concern currently is, and score it by circling your chosen number.

SYMPTOM 1:

0	1	2	3	4	5	6
As good as it could be					As bad as it could be	

Write one activity (physical, social, or mental) that is important to you, which symptom 1 makes it difficult to do or prevents you from doing. Score how bad it has been in the last week.

ACTIVITY:

0	1	2	3	4	5	6
As good as it could be					As bad as it could be	

Rate how bad this health concern currently is, and score it by circling your chosen number.

SYMPTOM 2:

0	1	2	3	4	5	6
As good as it could be					As bad as it could be	

Write one activity (physical, social, or mental) that is important to you, which symptom 2 makes it difficult to do or prevents you from doing. Score how bad it has been in the last week.

ACTIVITY:

0	1	2	3	4	5	6
As good as it could be					As bad as it could be	

Any New Symptom:

0	1	2	3	4	5	6
As good as it could be					As bad as it could be	

Lastly, how would you rate your **general feeling of well-being** during the last week?

0	1	2	3	4	5	6
As good as it could be					As bad as it could be	



3-Day Food Diary

SECTION C:

(completed by the client)

	WEEKDAY	WEEKDAY	WEEKEND
BREAKFAST			
SNACKS			
LUNCH			
SNACKS			
DINNER			
SNACKS			
DRINKS			
COMMENTS			



3-Day Food Diary

SECTION C: (SAMPLE COPY)



	Weekday	Weekday	Weekend
Breakfast (8:30 - 9am)	Yogurt, cereal, fruit, peanut butter nuts Water	Egg (1 or 2) bread (sourdough) Mayonnaise or cheese (mozzarella or cream cheese) water	2 or 3 slices of sourdough bread - with butter / Jam / honey Water
Lunch (12pm)	big salad: Pasta, tomato, avocado, cheese: mozzarella, nuts, cucumber, onion, dressing. Yogurt or date Water	Rice (50g) chicken (80g) Veggies + homemade sauce sweet and salty biscuits or yogurt Water	Avocado toast or homemade vegie toast or eat out Water
Snack (16 pm)	2 boiled eggs with mayonnaise +	Yogurt and cereal (small bowl) + fruits + Peanut butter Water	cheese sandwich + biscuit + nuts Water
Last meal	high fibre crackers with butter / honey Water		
2L Water per day			



Our Proactive Path

with Vanessa Dunford, MSc, BSN, Dip NT CNM, mANP, mGNC



PLEASE EMAIL THIS FORM VIA
OURPROACTIVEPATH@GMAIL.COM
48-72 HOURS BEFORE OUR
SCHEDULED FOLLOW-UP
CONSULTATION

THANK YOU!