



Karen Dvornich, NTP, CGP

Hello,

Please return these forms at least 3 days before your next appointment.

Food Journal:

- Please record everything you eat and drink (water, coffee, teas, juices, soda, energy drinks, etc.) for 3 days, one of them being on a weekend. You can include a “normal” day, “busy” day or 3 days in a row.
- Record digestive/mood changes you may notice after your meals.
- Don’t worry if you don’t eat “perfectly”. I just need to see times, eating habits, etc.

The **NAQ** is an extensive Nutritional Assessment Questionnaire. It will help me assess your level of function/dysfunction. It will also give me a picture of symptoms and lifestyle elements we may want to address. Please set aside at least 30 minutes to complete the form. If you choose to do the online version, please let me know and I’ll send you an invitation to begin.

Nutritional Therapy Informed Consent explains what I do and how we agree to work as a team to improve your nutritional health.

Medications/Supplements: Please make a list of what you are currently taking:

- All prescription medications and how long you have been on them,
- Over-the-counter (OTC) medications including seasonal (allergy) ones,
- Nutritional supplements (vitamins, minerals)
- Herbal formulation

A copy of your last **Blood Test**, if available.

Feel free to contact me should you have any questions. (dvornichk@gmail.com)

I look forward working with you,

In health,