

Intake Information:

Intake questions are important. The answers the clients provide us may be the first window we have into a potential client's world. We need to make sure we ask the right questions to ensure we get all of the information we need to have an idea of the basics so we can create a plan that is well suited to their needs and goals. After we have answers to our intake questions, we can start assessing and then prescribing.

Assignment 1: To gauge your current knowledge and understanding, please answer the questions below to your best ability. Add assignment 2 to the same document as assignment 1 since it only allows you to upload 1 file.

1. What are 2-3 benefits to having a client fill out intake questions?
2. What does knowing the height, weight, age, and activity level of a client help with calculating?
3. What are 2-3 reasons why food logs are helpful?
4. What are some instructions you should give your client in regards to logging food for you to review?
5. Why would you ask about someone's daily routine/schedule?
6. Why is knowing someone's goals helpful? Give 1-2 answers.

Assignment 2: Create a list of questions you plan on sending out to future clients that you believe will give you enough information to create a prescription for them. We will review this in our Skype call!