

COACHING PROGRAM (2HR APPOINTMENT)

Please review the following guidelines regarding your appointment

- ✓ Please fill out all paperwork 48 hours prior to your appointment.
- ✓ Please fill out and bring THREE days worth of written food logs.
- ✓ For the body fat test:
 - Males – please bring shorts
 - Females – please bring shorts and a sports bra or a bikini swimsuit.

If you have any questions, please feel free to contact us at
info@personalizedhealthcenter.com.

**Thank you for choosing Personalized Health Center to be a part of your health care team.
We look forward to meeting you!**

Hari Ghuman, Registered Nutritionist
Clinic Director