

Auburn University Medical Clinic
Campus Recreation Nutrition Services Satellite Office
Nutrition Assessment Information

Our Registered Dietitian, Jessica-Lauren Newby, and our Nutrition Team will analyze your recall and translate it into helpful information to help you reach your health goals. Please answer these questions to the best of your ability and with as much detail as possible and return this cover page with your food and beverage journal. *Because Auburn University is a teaching institution, the Nutrition Team members who are training to be Registered Dietitians observe consultations in confidentiality to gain experience in nutrition counseling. If you have a concern regarding his/her observation, please let Jessica-Lauren know upon turning your paperwork prior to your appointment.

Name: _____

Phone Number(s): _____ E-mail: _____

Gender: ____ Height: ____ Weight: ____ Date of birth: ____ Referring clinician: _____

Status: AU Student AU Faculty/Staff Community Member

What is your current physical activity in type, duration and frequency?

Example: Walking 3 x a week for 30 minutes

What are your **personal goals** regarding **nutrition**, health, and weight? Are you aiming to maintain, gain, or lose weight? Are you trying to change your body composition, build healthier habits, treat/prevent disease per clinical referral, etc. If so, please explain. Please help us help you by giving us the appropriate info:

Please Note: You should report your food and beverage intake for **two** weekdays and **one** weekend day for a total of **three** days with as much detail as possible. Please see the example page for help.

Return this information by one of the following methods:

If you are a community member:

- 1) Physical copy dropped off at AUMC with attention to Jessica-Lauren
- 2) Scanned and attached or typed in and sent via email
- 3) Fax to AUMC with attention to Jessica-Lauren at 334-844-2017
- 4) You will meet with Jessica-Lauren at the Auburn University Medical Clinic.

If you are an Auburn student, faculty, or staff member:

- 1) Physical copy turned in at Recreation and Wellness Center Mezzanine Level Wellness Suite Welcome Desk
- 2) Scanned or typed and sent via email to both jessica-lauren@auburn.edu and nutrition@auburn.edu
- 3) Fax to Rec and Wellness at 334-844-0115 with attention to Jessica-Lauren.
- 4) You will meet with Jessica-Lauren at the AU Rec and Wellness Center.

For Nutrition Team Staff Only:
Date analyzed: _____

Date turned in: _____
Date counseled: _____