



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NOURISH YOUR BODY FOOD FOR FUEL

## Nutrition Consultations

Nutrition consultations are appointments with a certified nutrition specialist to discover what paths need to be taken to reach your goal. We now offer these as a one-on-one session or as a family session.

Per session fee: \$45/members  
\$67.50/potential members

Sign-up for a consultation at  
the member service desk.

Contact Sarah Knowlton for  
additional information at  
[sknowlton@ymcasumter.org](mailto:sknowlton@ymcasumter.org)



**SUMTER FAMILY YMCA**  
510 Miller Road  
Sumter, SC 29150  
803-773-1404  
[ymcasumter.org](http://ymcasumter.org)

**Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**

# NUTRITION CONSULTATION APPLICATION

## General Information

Participant full name: \_\_\_\_\_

Birth date: \_\_\_\_\_ male/female

Home phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency contact name: \_\_\_\_\_

Number: \_\_\_\_\_ Relationship: \_\_\_\_\_

## Background Information

Current Diet: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Goal: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Current Workout Routine: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Dietary Restrictions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_