Nutrition Interest Questionnaire

Please take a few minutes to answer the following questions. You may submit completed questionnaires directly to the dietitian, Emily Novack, at enovack@sasd.net. Thank you!

Name_____ Employee_____ Spouse_____ ID #_____

Email Address _____

Phone Number_____

Preferred method of initial contact Email_____ Phone_____

1. Why am I interested in meeting with a dietitian? i.e. reading labels, counting carbs, weight loss

2. What are the biggest barriers that keep me from reaching my goals and why?

3. On a scale of 1-10, with 10 being the most motivated and 1 being not motivated at all, how would you rank your motivational level to follow through with your nutritional goals and why?

4. Is there anything else you'd like to add?