

# YPERSONAL FITNESS™

We build strong kids, strong families, strong communities.

## Nutrition Programming

Sign up today to meet one-on-one with a  
YMCA Nutrition Specialist for a nutrition analysis.

Nutrition analysis includes a computerized  
dietary recall evaluation and consultation to  
discuss recommendations, questions  
and concerns regarding dietary habits.

Additional services include menu planning and additional days  
of diet recall analysis.

**When:** Flexible scheduling available, by appointment only;  
one hour in length

**Who:** Members only

**Fees:** Initial consultation.....\$15  
Follow up consultations.....\$9

**How:** Fill out reverse registration and attached three day food diary and  
return with payment to Membership Office; a Nutrition Specialist  
will contact you to set up a time.



# YMCA Nutrition Programming



Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Other Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

Birthdate \_\_\_\_\_ Gender \_\_\_\_\_ Occupation & job duties \_\_\_\_\_

Best Appointment Days & Times \_\_\_\_\_

Contact in case of emergency \_\_\_\_\_ Phone \_\_\_\_\_

What specific questions would you like answered during your nutrition consultation? \_\_\_\_\_

What are your nutrition goals? \_\_\_\_\_

I (YMCA Member) \_\_\_\_\_ agree to pay in advance for all YMCA Nutrition Programming sessions. I will be in attendance of all scheduled sessions and will give twenty-four hours notice to my specialist if I will be unable to attend a session. If I fail to provide appropriate notice I understand I forfeit the fee I paid for that session. I understand the YMCA refund policy for all programs and classes.

Date \_\_\_\_\_ Signature \_\_\_\_\_

Programming session rates:  
Initial consultation.....\$15  
Follow up consultations .....\$ 9

Number of sessions purchased \_\_\_\_\_ Total paid \$ \_\_\_\_\_

The Lincoln YMCA has permission to use videos or photographs of me or my family members for promotional materials.

YMCA Staff: Please receipt and return to the Health and Fitness Director