

Initial Assessment

HEALTHY

You



INTRO

Jessica Moffitt, BS, CHES, CPT, Nutrition Coach

I am a Certified Health Education Specialist, with a research-based background and degree. Throughout our journey together, I will be providing you FACTS that apply to healthy minds, healthy bodies, healthy kitchens, and healthy families. Use these facts to fuel your knowledge and understanding of what it means to be healthy, and to help you become a stronger version of yourself, one better choice at a time. There are no cookie cutters here, and no overnight solutions- If you're willing to put in the work, I will make sure you get the results you are looking for. I am so grateful to be on your team, and I look forward to celebrating success with you.

ASSESSMENT

Biceps (Left, Right):
Neck:
Shoulders:
Chest/Bust:
Waist (Smallest):
Waist (Largest):
Hips:
Thighs (Left, Right):
Calves (Left, Right):

Weight:
Height:
Age:
Gender:

GOALS

Long Term:

Short Term:

PLAN

Healthy Minds
Healthy Bodies
Healthy Kitchens
Healthy Families