Food and Beverage	Time of Meals and Snacks	Brand N (If Kno	ame wn)	Amou (cups, tablespoon	nt s, pieces, etc.)
Supplements					
Water					
Day 3					
Supplements					
Water					
Cooper Copple Family	Downtown	Fallbrook	Northeast	Youth Sports	Camp Kitaki

Cooper	Copple Family	Downtown	Fallbrook	Northeast	Youth Sports	Camp Kitaki
6767 S. 14th St.	8700 Yankee Woods Dr., Ste. B	1039 P St.	700 Penrose Dr.	2601 N. 70th St.	570 Fallbrook Blvd., Ste. 210	570 Fallbrook Blvd., Ste. 210
Lincoln, NE 68512	Lincoln, NE 68526	Lincoln, NE 68508	Lincoln, NE 68521	Lincoln, NE 68507	Lincoln, NE 68521	Lincoln, NE 68521
402-323-6400	402-327-0037	402-434-9230	402-323-6444	402-434-9262	402-434-9217	402-434-9225





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NUTRITION SERVICES

Nutrition Orientation

A FREE, 30-minute, one-time introductory nutrition session provided for all YMCA Members.

Appointment

Flexible scheduling available, by appointment only at the Front Desk.

During the session, a Wellness Staff will explain the benefits of a healthy diet with basic nutrition, food label reading, how to properly record your food intake and may suggest reputable websites for continued healthy nutrition assistance. The Specialist may answer some nutrition questions and will explain our Nutrition Services options.

Nutrition Consultation

A YMCA Nutrition Specialist will contact you to schedule your 1-hour, one-on-one consultation.

Fees

Y Member \$20 for initial consultation \$10 for each follow up consultation
Y Non-Member \$40 for initial consultation \$20 for each follow up consultation

Meet with a YMCA Nutrition Specialist for your dietary needs. This consultation will include a 3-day food intake review, discuss dietary recommendations including calorie range, carbohydrate, protein and fat allowances, answer questions regarding your dietary habits and provide material specific to your dietary goals.

Complete the Nutrition Registration and 3-Day Food Intake Log on MyFitnessPal.com or attached. Return the registration and log with payment to the YMCA Front Desk. A Nutrition Specialist will contact you to set up a consultation.

Nutrition Programming

Complete the registration and 3-Day Food Intake Log on MyFitnessPal.com or attached to meet one-on-one with a YMCA Registered Dietitian for 1-hour.

Fees

Y Member \$30 for initial consultation \$15 for each follow up consultation Y Non-Member \$60 for initial consultation \$30 for each follow up consultation

Meet with a YMCA Registered Dietitian for a nutrition analysis and assistance with your dietary needs pertaining to diseases such as diabetes, thyroid, high blood pressure, etc. This appointment includes a computerized dietary recall evaluation, disease related food requirements, special diet needs, and assistance with meal planning.

Return the registration and 3-Day Food Intake Log with payment to the YMCA Front Desk. A Registered Dietitian will contact you to set up your session.

Nutrition Services Registration

Name			Phone	Date
Address			City	Zip
Email			Birthdate	Age
Height	Weight	_ Gender () male () fema	le () female pregnant	() female breastfeeding
Best Days/Times fo	r Appointment			
What specific quest	tions would you like	answered during your consultat	tion?	
What are your nutr	ition goals?			
Exercise History (Pa	ast and Present)?			
What medical conce	erns, if any, do you l	nave at the present time?		
List any prescribed,	over-the-counter,	herbal, or vitamin/mineral suppl	ements you take	
		ich as kosher or vegetarian? ()		
sessions. I will be in to attend a session YMCA refund policy	n attendance of all s . If I fail to provide v for all programs ar	appropriate notice I understand nd classes.	twenty-four hours notice I forfeit the fee I paid for	to my Specialist if I will be unable that session. I understand the
Number of sessions	purchased	Total Paid \$		

Registration Information

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

Lincoln YMCA Refund Policy

A requested refund 2 business days prior to the start of any activity or class will be issued as 100% credit. After that a 50% credit will be issued prior to the start date of the activity. After the start of the class, no refunds will be given. If the YMCA cancels a class or program there will be a full refund.

Photo/Video Disclosure Statement

The YMCA of Lincoln, Nebraska may on occasion take photographs and/or video of its members or program participants for use in print materials or by electronic methods. Your entry into YMCA facilities, participation in YMCA programs or participation in YMCA events grants permission for the YMCA of Lincoln, Nebraska to use these photographs and/or video in its marketing and public relations efforts.

3-Day Food Intake Log

Please record all foods, beverages and supplements that you consume over a three day period. Please include at least one weekend day. Be as specific as possible when listing the items and amounts.

Day 1

Food and Beverage	Time of	Brand Name	Amount
	Meals and Snacks	(If Known)	(cups, tablespoons, pieces, etc.)
Supplements			
Water			
Day 2			