# Consultation follow-up checklist

Clinic / dietitian: _____ (add your name or logo here)
Client: _____ Date: _____ Follow-up no.: ____

## Before the call

[ ] Review last plan and notes
[ ] Check logged meals, weight and water since last visit
[ ] Check new lab reports or symptoms
[ ] Note questions from the client's messages

## During the call

[ ] Weight and measurements recorded
[ ] What went well this week
[ ] What was hard (meals skipped, travel, cravings)
[ ] Hunger, energy, sleep and digestion
[ ] Any change in medicines or health
[ ] Agree on 1–3 changes for next week

## After the call

[ ] Update the plan
[ ] Send the plan on WhatsApp or email
[ ] Set the next follow-up date
[ ] Write a short note in the client record

## Progress so far

| Date | Weight (kg) | Waist (cm) | Plan followed (%) | Notes |
|---|---|---|---|---|
| | | | | |
| | | | | |
| | | | | |
| | | | | |

Changes agreed for next week: _____
Next follow-up: _____

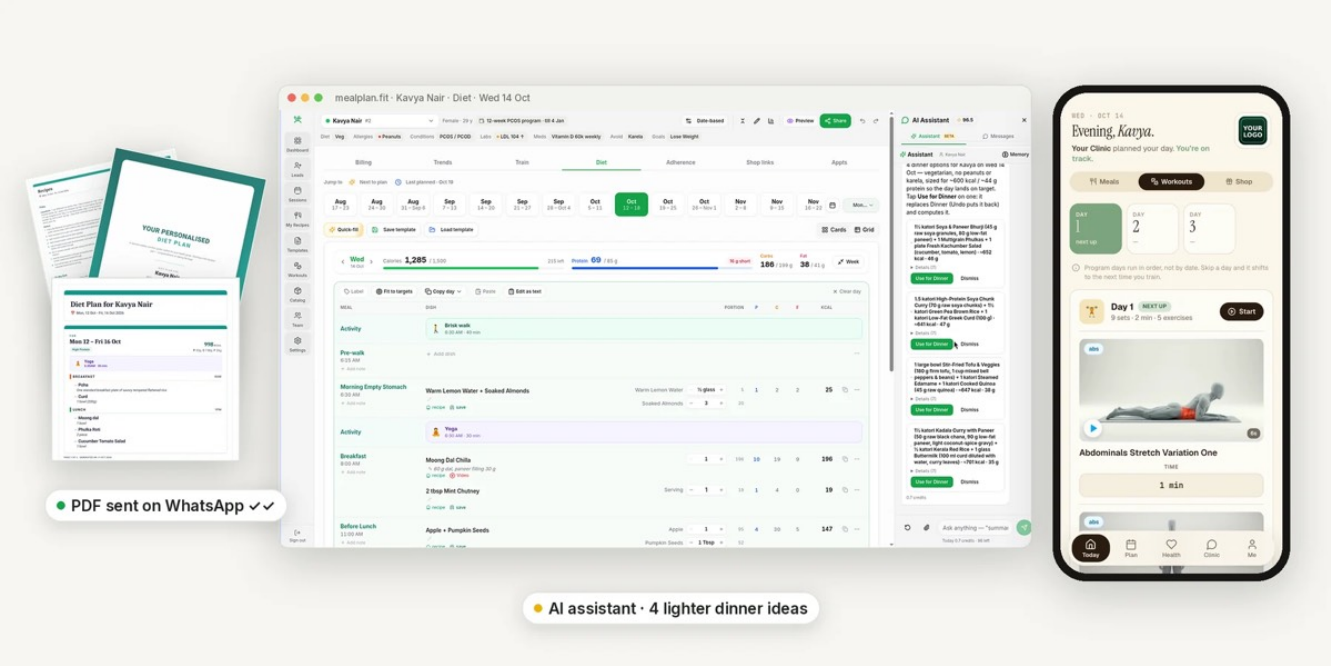
Free template from mealplan.fit

FOR YOU, THE DIETITIAN · NO NEED TO PRINT THIS PAGE

# Want this with your logo, sent on WhatsApp?

Follow-up reminders, session booking and scheduled WhatsApp messages, so no client slips.

- Reminders for every follow-up, and messages you can schedule ahead
- Your clinic name and logo on every plan PDF
- Send it to the client on WhatsApp in one tap
- Calories and macros add up as you plan; the AI assistant suggests swaps and you approve
- Clients, plans, follow-ups and payments in one place




## See it at mealplan.fit

Scan the code or open mealplan.fit to book a free demo or start a 7-day trial.