You have scheduled a consultation with Dr. Popper on **Wednesday, March 20th at 1:00PM EST.**

There are three forms attached to this email: **Consent Form
 Client Information Form
 Member Assignment Form**

**Your signed Consent Form and your completed and detailed Client Information Forms must be faxed or emailed to me no later than, Tuesday, March 19th at or before 12 noon ET.**

Please complete all forms, including the 5-day journal, which should reflect all food and liquid intake for *5 consecutive, typical days.* If you have recently changed your diet for any reason, please also include a general summary of your dietary pattern prior to the change. Please type your forms since handwriting is often difficult to read.

**If you do not complete and submit any portion of the forms by the deadline, your consultation with be cancelled and you will be charged a $50 cancellation fee.**

If you need to change or cancel your appointment, please let us know 24 hours in advance or you will be charged a $50.00 cancellation fee.

If you have any questions, please contact me.

Directions to our office:
We are located at 510 E. Wilson Bridge Road Suite G in the Rush Creek Commerce Center II in Worthington, Ohio 43085.  Take I-270 to US 23 South. At the first traffic light make a left onto E. Wilson Bridge Road).  After you cross the railroad tracks, you will take the second left into the Rush Creek Commerce Center. You will see two 1-story buildings and we are located in the one behind the building with the sports bar. We are down on the far right hand side of the building and our name is on a green canopy over the door.

Bring the member assignment form with you, since you will use this to take notes during your appointment.

**Sample food journal:**

**Breakfast:** WF Breakfast Smoothie with Fat-Free Almond milk, one banana, 1 cup of strawberries

**Snack:** ½ cup of WF multi-grain cereal (dry)

32 oz of filtered water

**Lunch:** spring lettuce, fat-free Trader Joe’s balsamic vinegar dressing and several raw vegetables.

32 oz of filtered water

**Dinner:** North Star veggie burger on a whole wheat bun with dijon mustard, dill pickle chips and lettuce, fiji water with fresh lemon and baked sweet potato fries.

**Snack:** 10 raw almonds