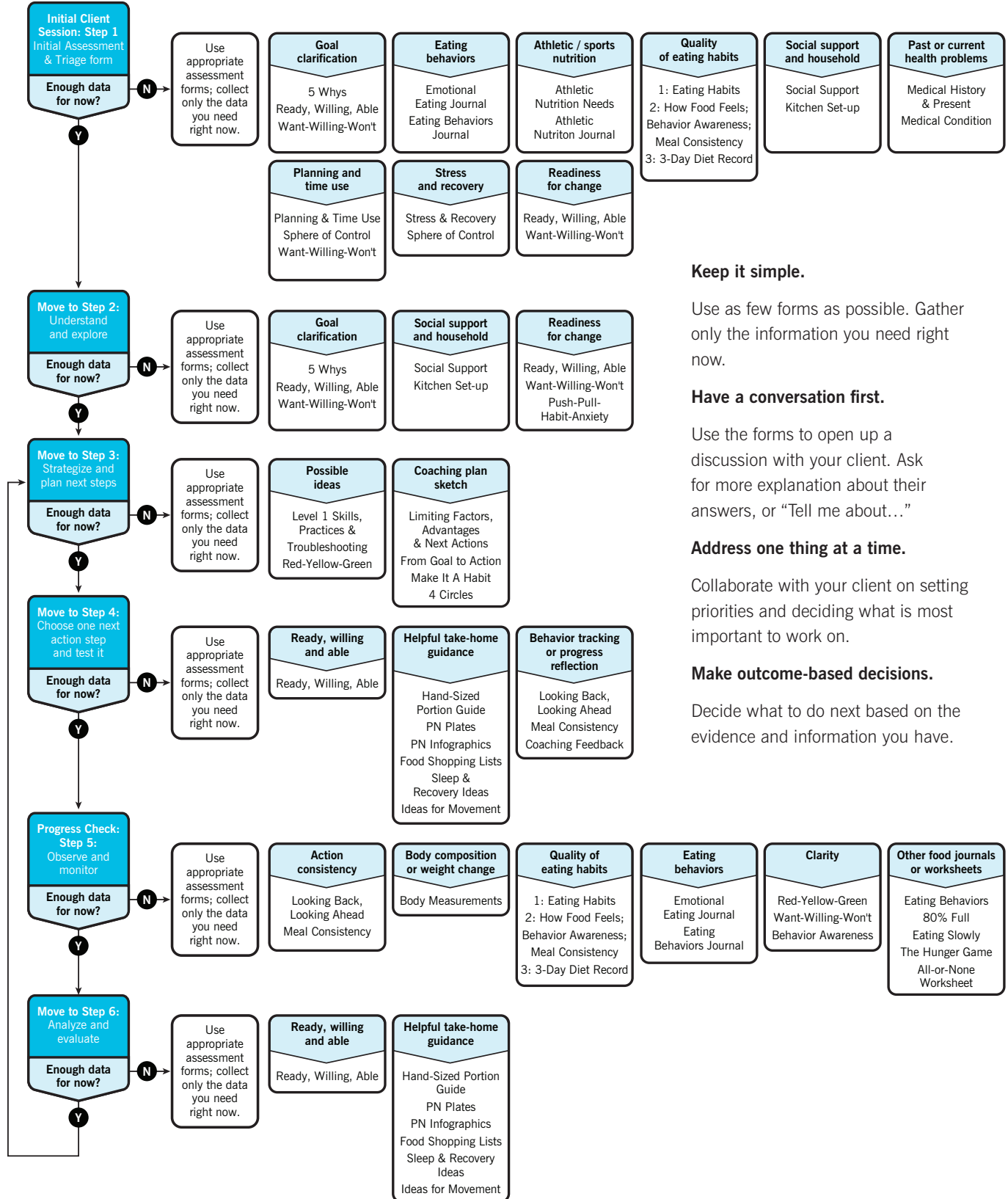


# Using the Precision Nutrition forms

Here's how to choose which form to use when.



## Keep it simple.

Use as few forms as possible. Gather only the information you need right now.

## Have a conversation first.

Use the forms to open up a discussion with your client. Ask for more explanation about their answers, or "Tell me about..."

## Address one thing at a time.

Collaborate with your client on setting priorities and deciding what is most important to work on.

## Make outcome-based decisions.

Decide what to do next based on the evidence and information you have.