



Culinary Medicine

Culinary Medicine Coaching

In this activity, you are required to look for at least 4 patients/clients that you may work with in terms of culinary medicine coaching. You may prefer to have someone with chronic medical condition who will benefit from the program that you will offer. Using the confidence scale (1-10), identify at least 5 eating behaviours for each patient/client that they think they need to work out. Then use the TTM in levelling the stage of change that the patients/clients are at and finally use the 5A's to complete your report.

PATIENT /CLIENT #1

Name: _____ Age: _____ Gender: _____

Weight: _____ Height: _____ BP: _____ PR: _____ Civil status: _____

Medical conditions: _____

Medications: _____

Level of Activity: _____ Inactive _____ Active _____ Highly Active

Behavior #1: _____

Stage of Change: _____

Confidence level: 1 2 3 4 5 6 7 8 9 10

Integrate SMART goals and 5A's in your patient's/client's case.

Assess:

Advice:

Agree:

Assist:

Arrange:

