**Me**: So why don’t we start out by you telling me some things that you are concerned with

**Client**: Ok well my main concern is that this has been a really crazy and hectic semester for me with classes and I feel like its affecting my eating patterns.

**Me**: In what ways do you feel like your busy schedule is affecting your diet?

**Client**: Well since my classes are so overwhelming, sometimes I have to go straight from class to the library and I end up not eating anything for like 7 or 8 hours during the day.

**Me**: Have you noticed any changes concerning your weight or anything that is different on how you used to feel?

**Client**: I definitely feel like I am losing weight and I am afraid that I am losing my muscle mass since I am going such long hours throughout the day without eating. And I also don’t want to go to the gym anymore because now I feel like I will be burning calories that I don’t have.

**Me**: So it seems like this dilemma is really affecting your usual habits. Is working out something you enjoy?

**Client**: Yeah, I try to work out pretty often because I feel like going to the gym on a regular basis helps me concentrate better when I am active and moving around. So I usually try to go to the gym before I have to sit down and study or write a paper but now I feel like I cant do that anymore.

**Me**: Do you think if we work on making your eating habits more regular and not going so many hours without eating you will be able to get back on your workout routine and concentrate better on your school work?

**Client**: Yes, definitely. I know that I need to fix this dilemma, I just am not sure how.

**Me**: Do you usually eat on campus or do you shop at the grocery store?

**Client**: Yeah, I don’t have a meal plan so I just do my grocery shopping at giant eagle.

**Me**: Do you think it would be possible for you to buy healthy foods that would can take with you to the library and to your classes?

**Client**: Yeah I think that is a really good idea, I never thought of that before. But what foods can I get or pack that will be easy to take to class and the library and wont go bad or like become spoiled?

**Me**: There is actually a lot of options for you. You can pack crackers, peanut butter sandwich, bananas or apples you can also buy nutria-grain bars, granola bars, almonds.

**Client**: I really like fruits and vegetables, but if I am carrying them around all day will they get rotten?

**Me**: No you can definitely take fruits and vegetables with you. a good idea that you could do is to buy your veggies and cut them up ahead of time and put them in little baggies to keep in your fridge so they are available and ready to grab for when you leave the house.

**Client**: Okay I like that idea a lot I think I am really going to try and do that. Do you think it is still okay for me to go to the gym then?

**Me**: Yeah I think that once you get back on a regular eating schedule you can definitely start working out again. Just make sure that you do not go on an empty stomach and maybe on days that you are going to go to the gym you can increase your carb intake a little bit.

**Client**: Okay, I think me increasing my carbs on gym days is a good idea.

**Me**: Is there anything else that you would want to go over?

**Client**: Yeah, I was actually just wondering if you think I should record how many days each week I go to the gym?

**Me**: Yeah that would be a good idea so that you can ensure on the days you are going to the gym that you are eating the correct amount of calories so you are not burning more calories than you are eating.

**Client**: Okay, do you think it is a good idea to limit the amount of time I spend at the gym on days when I feel less energized?

**Me**: Yeah that is definitely something to look out for and I would record that on your activity log.

**Client**: Oh, okay

**Me**: Did you have any other questions you would want to talk about?

**Client**: Nope, I think that was all.

**Me**: Okay well thank you for taking time out of your day to come and talk to me.