

SPORTS NUTRITION CONSULTS - Complete Additional Questions:

1. Define your Game -
2. Specify your sport's goals: Short term vs long term
3. List specialist you may be working with:
 - a. Physicians
 - b. Trainers
 - c. Therapists
4. Protein sources-
5. Carbohydrate sources-
6. Fat/Oil sources -
7. Daily Calorie Goal
8. Food Avoidances or dislikes
9. Food cravings
10. Fluid Intake, Daily average
11. Submit Copy of your workout schedule
12. Submit Copy of your events schedule
13. Submit List of medications & supplements

Lynn Shumake, PD

Certified Sports Nutrition Pharmacist
"Optimize Your Game"

*Nutritional consultations - Performance advice
Amateur and Professional athletes
Optimize Strength, Endurance, and Recovery*

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