

Counseling Role Play Client

Reason for visit: You play soccer for Chico State and have been feeling sluggish lately in practice. You want general help with your diet. You recently lost 10 lbs when you started training for this season.

Client Info

Age: 21

Sex: Female

Ht: 5'6"

Wt: 140 lbs

Labs: none

Meds: none

Diet Recall

Breakfast: bowl of cereal (Kashi), skim milk, and a banana, coffee

Lunch: Ramen (4 days a week when at home for lunch) OR Salad bar at the BMU 3 days a week (lettuce, carrots, cucumber, tomatoes, ranch dressing) and a soda

Soccer practice from 3-6

Dinner: can of soup and grilled cheese, a few cookies, and water

Snack: popcorn is up late studying

Other info

- Parties on the weekends, usually 4-5 drinks/night Fri and Sat evenings
- Has a water bottle at practice, but doesn't drink water during the day
- Weight loss was unintentional, but you don't exactly want to gain it back, either