

Please write or print clearly. All of your information will remain confidential between you and the Health Coach.

PERSONAL INFORMATION

Name: _____

Email: _____ How often do you check email? _____

Phone: Home: _____ Work: _____ Mobile: _____

Age: _____ Height: _____ Birthdate: _____ Place of Birth: _____

Current weight: _____ Weight six months ago: _____ One year ago: _____

Would you like your weight to be different? _____ If so, what? _____

SOCIAL INFORMATION

Relationship status: _____

Where do you currently live? _____

Children: _____ Pets: _____

Occupation: _____ Hours of work per week: _____

HEALTH INFORMATION

Please list your main health concerns: _____

Other concerns and/or goals? _____

At what point in your life did you feel best? _____

Any serious illnesses/hospitalizations/injuries? _____

HEALTH INFORMATION (continued)

How is/was the health of your mother? _____

The Well Connection

Women's Health History

How is/was the health of your father? _____

What is your ancestry? _____

What blood type are you? _____

How is your sleep? _____

How many hours? _____

Do you wake up at night? _____

Why? _____

Any pain, stiffness, or swelling? _____

Constipation/Diarrhea/Gas? _____

Allergies or sensitivities? Please explain: _____

WOMEN'S HEALTH

Are your periods regular? _____

How many days is your flow? _____

How frequent? _____

Painful or symptomatic? Please explain:

Reached or approaching menopause? Please explain:

Birth control history:

Do you experience yeast infections or urinary tract infections? Please explain:

MEDICAL INFORMATION

Do you take any supplements or medications? Please list:

Any healers, helpers, or therapies with which you are involved? Please list:

What role do sports and exercise play in your life?

FOOD INFORMATION

What foods did you eat often as a child?

BreakfastLunchDinnerSnacksLiquids

What is your food like these days?

BreakfastLunchDinnerSnacksLiquids

Will family and/or friends be supportive of your
desire to make food and/or lifestyle changes? _____

Do you cook? _____ What percentage of your food is home-
cooked? _____

Where do you get the rest
from?

Do you crave sugar, coffee, cigarettes, or have any
major addictions?

The most important thing I should do to improve my
health is:

ADDITIONAL COMMENTS

Anything else you would like to share?
