

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Referred by \_\_\_\_\_

**Personal Stats**

Height \_\_\_\_\_ Weight \_\_\_\_\_ Birth date \_\_\_\_\_

Neck circumference at larynx \_\_\_\_\_

Waist circumference \_\_\_\_\_

Hip circumference at largest protrusion \_\_\_\_\_

Frame Size: wrapping your thumb and index finger around your wrist do your fingers  
\_\_\_\_\_ overlap,  
\_\_\_\_\_ just touch or  
\_\_\_\_\_ cannot touch

**What is your occupation? Do you enjoy your work/find it fulfilling?**

\_\_\_\_\_  
\_\_\_\_\_

**Describe your family/living situation:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Health Goal(s) – list as many as you like:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Health Concern(s) - describe onset and occurrence of health issues in detail:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How have you dealt with these concerns in the past (doctors, self-care)?

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Have any other family members had similar problems (describe)?

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What other health practitioners are you currently seeing?

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List any medicine or supplements you are currently taking:

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Do you have Stress in your life?

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Describe any noticeable correlation between your issues and *Stress* (work, family, relationships, financial):

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**Mal-nutrition:** (periods of eating junk food, binge eating, dieting):

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**Addictive behaviors:** (past or present use & abuse of alcohol, food, drugs, tobacco, caffeine, co-dependency, workaholic etc...)

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**Describe your diet at the onset of your health problems:**

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**How has your diet changed in relationship to your health problems? (any special diets?)**

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**What are your favorite foods?**

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What foods will you not eat?

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Number of and types of fruit eaten/day?

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Number of and types of vegetables/day?

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**Describe the foods you eat (comfort foods) when you are:**

Hungry

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Depressed

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Angry

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Lonely

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Tired

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Celebrating

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**Is your mood and energy level affected by eating these foods (nourished or numbing) and if so, in what way?**

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**Describe your sleep (both weekends & weekdays):**

What time do you go to bed?

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What time do you get up?

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Do you awake in the middle of the night and if so what time?

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Do you sleep soundly?

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Do you awake refreshed?

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Anything else?

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**Describe your exercise & recreation:**

How often do you exercise each week?

For how long?

Type(s) of exercise:

Do you get out to enjoy nature?

Do you get a little sunshine daily?

Do you get out for fun with people you enjoy?

Do you relax daily?

Do you have a hobby?

Do you feel your life is balanced?

**For the next set of questions be sure to answer the questions based on how you "feel" and not what you "think" is right or wrong.**

Do you wake up hungry, prefer to skip breakfast or eat light?

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If you had a full schedule for your morning and had to be at your peak until lunch, which of these breakfast choices would most likely provide the highest sustained energy, knowing that you would have no opportunity to snack or reach for a stimulant such as caffeine or sugar to keep your energy high for 4 to 6 hours?

\_\_\_\_\_ I would be my best if I included an animal protein such as egg, sausage, turkey,

\_\_\_\_\_ Almost any meal will give me the energy I need

\_\_\_\_\_ I would reach for something such as fruit, toast, yogurt or a protein shake

Can you manage well eating light or heavy during the day?

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Are you hungry if you eat mostly fruits & vegetables during the day?

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Do you crave protein and fats?

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Do you crash or feel tired after eating refined sugar or alcohol?

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Does strenuous exercise tend to exhaust you & make you grouchy or energize you & make you better?

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Do you tolerate sugars well (in moderation) but feel tired after eating heavy?

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Are you able to go 4 hours without eating and maintain concentration?

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Do you have minimal cravings and mood swings?

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Are you consistent with your bowel movements?

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What are your thoughts about salt?

\_\_\_\_\_ Love it, would add it often to my foods and/or I love snacks such as chips, pretzels, crackers etc.

\_\_\_\_\_ I could take it or leave it

\_\_\_\_\_ I never, or rarely, add salt and/or I often find foods too salty

If you have ever been on a juice or water fast for any length of time how did you or how do you feel you would react?

\_\_\_\_\_ I reacted poorly; low energy, anxious, and/or starving

\_\_\_\_\_ I could fast if necessary

\_\_\_\_\_ I thrived when fasting and could do this regularly

If you had a full schedule for the afternoon and had to be at your peak until dinner, which of these lunch choices would most likely provide the highest sustained energy, knowing that you would have no opportunity to snack or reach for a stimulant such as caffeine or sugar to keep your energy high for 4 to 6 hours?

\_\_\_\_\_ I would be at my best with some animal protein such as a burger or salmon filet as a part of my lunch

\_\_\_\_\_ Almost any meal will give me the energy I need

\_\_\_\_\_ I would be my best with a large salad or vegetables as a part of my entrée

Eating fatty foods such as avocado, cheese or butter makes me feel:

- More energized and satisfied longer
- No significant difference in satisfaction or energy
- Lethargic and/or unsatisfied

How do you feel about eating dessert?

- I love it and would eat it often if I could get away with it
- I can take it or leave it
- I really do not like dessert except on rare occasions

If you had a full schedule for your evening and had to be at your peak until bedtime, which of these dinner choices would most likely provide the highest sustained energy, knowing that you would have no opportunity to snack or reach for a stimulant such as caffeine or sugar to keep your energy high until bedtime?

- I would be at my best with a small steak, chicken thigh or leg or shrimp as a part of my entrée
- Almost any meal will give me the energy I need
- It would be best with a salad or vegetables as my main entrée

If you consumed a cup of caffeinated coffee on an empty stomach, how would you feel or imagine you would feel?

- This would make me feel anxious, jittery, headachy and/or hungry
- I could take it or leave it
- I do well on coffee if I do not drink too much

If I skip a meal I will feel:

- Anxious, jittery, and weak, depressed and/or have other negative symptoms
- I would simply have normal hunger pangs
- That this would not bother me, and I may often forget to eat or skip meals

Thank you so much for taking the time to answer all of these questions. I look forward to our meeting!