Welcome! I look forward to working with you. Please fill out the Health Discovery form and email me before your first session. All information will remain confidential between you and your Health Coach.

PERSONAL INFORMATION

|  |  |
| --- | --- |
| First Name and pronouns: |  |

|  |  |
| --- | --- |
| Last Name: |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Email: |  | How often do you check email? |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Phone: Home: |  | Work: |  | Mobile: |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Age: |  | Height: |  | Birthdate: |  | Place of Birth: |  |

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| --- | --- | --- | --- | --- | --- |
| 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: | |  |
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|  |  | |

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| --- | --- | --- |
| Other concerns and/or goals? | |  |
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| --- | --- |
| At what point in your life did you feel best? |  |

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| --- | --- | --- |
| Any serious illnesses/hospitalizations/injuries? | |  |
|  |  | |

HEALTH INFORMATION (continued)

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| --- | --- |
| How is/was the health of your mother? |  |

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| --- | --- |
| How is/was the health of your father? |  |

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| --- | --- | --- | --- |
| What is your ancestry? |  | What blood type are you? |  |

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| --- | --- | --- | --- | --- | --- |
| How is your sleep? |  | How many hours? |  | Do you wake up at night? |  |

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| --- | --- |
| Why? |  |

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| --- | --- |
| Any pain, stiffness, or swelling? |  |

|  |  |
| --- | --- |
| Constipation/Diarrhea/Gas? |  |

|  |  |
| --- | --- |
| Allergies or sensitivities? Please explain: |  |

MEDICAL INFORMATION

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| --- | --- | --- |
| 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

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| --- |
| What foods did you eat often as a child? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Breakfast |  | Lunch |  | Dinner |  | Snacks |  | Liquids |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |

|  |
| --- |
| What is your food like these days? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Breakfast |  | Lunch |  | Dinner |  | Snacks |  | Liquids |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
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| --- | --- |
| 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? |  |

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| --- | --- | --- |
| 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? | |  |
|  |  | |
|  |  | |
|  |  | |