























## Medical History

- Arthritis
- Allergies/hay fever
- Asthma
- Alcoholism
- Bladder problem
- Blood pressure: low
- Bronchitis
- Cancer
- Chronic fatigue
- Carpal tunnel
- Cholesterol elevated
- Circulatory problems
- Cloudy thinking
- Colitis
- Constipation
- Debilitating fatigue
- Dental problems
- Depression
- Diabetes
- Diarrhea, chronic
- Diverticulitis
- Dizziness, chronic
- Drug addiction
- Drug use
- Eating disorder
- Epilepsy
- Emphysema
- Eyes, ears, nose problems
- Environmental sensitivities
- Fibromyalgia
- Food intolerance
- Gastric reflux
- Genetic disorder
- Gout
- Headache: migraine
- Headaches: stress
- Heart disease
- Hypertension
- Infection, chronic
- IBS
- Insomnia, chronic
- Kidney disease
- Liver or gallbladder disease (stones)
- Nausea, chronic
- Vomiting, chronic

- Neurological issues
- Panic attacks
- Pain, chronic
- Shortness of breath
- Sinus problems
- Stroke
- Thyroid trouble
- Obesity
- Osteoporosis
- SAD disorder
- Skin problems
- Ulcer
- Urinary tract infctn
- Varicose veins
- Other

### Family Health History (Parents & Siblings):

- Arthritis
- Asthma
- Autoimmune disorder
- Cancer
- Diabetes
- Drug addiction
- Heart disease
- Obesity
- Stroke
- Other

### Exercise:

- 5-7 days per week
- 3-4 days per week
- 1-2 days per week
- 45 minutes or more duration per workout
- 30-45 minutes durat.
- Less than 30 min
- Walk
- Run, jog, jump rope
- Weight lift
- Swim
- Cycle
- Yoga
- Other

### Nutrition and Diet:

- Omnivore (animal & vegetable sources)
- Vegetarian
- Vegan
- Processed foods
- Whole foods
- Specific food restrictions:
- Dairy
- Wheat
- Eggs
- Soy
- All Gluten
- Other

### Food Frequency

How many servings per day?

- \_\_\_\_\_ Fruits
- \_\_\_\_\_ Vegetables
- \_\_\_\_\_ Grains
- \_\_\_\_\_ Beans and peas
- \_\_\_\_\_ Nuts and seeds
- \_\_\_\_\_ Dairy
- \_\_\_\_\_ Eggs
- \_\_\_\_\_ Meat
- \_\_\_\_\_ Poultry
- \_\_\_\_\_ Fish

### Eating Habits:

- Skip breakfast
- Eat three meals/day
- Eat two meals/day
- Eat one meal/day
- Graze (small meals)
- Eat constantly
- Eat on the run
- How many times do you eat out per week?
- \_\_\_\_\_
- How many alcoholic beverages do you consume in a week?
- \_\_\_\_\_
- How many caffeinated beverages do you consume per day?
- \_\_\_\_\_

### Would You Like To:

- Have more energy
- Be stronger
- Have more endurance
- Increase your sex drive
- Be thinner
- Be more muscular
- Improve complexion
- Have stronger nails
- Have healthier hair
- Be less moody
- Be less depressed
- Be less indecisive
- Feel more motivated
- Be more organized
- Think more clearly and be more focused
- Improve memory
- Not be dependent on over the counter medications like aspirin, ibuprofen, antihistamine sleeping aids, etc
- Stop using laxatives or stool softeners
- Be free of pain
- Sleep better
- Have agreeable breath
- Have agreeable body odor
- Have stronger teeth
- Get less colds and flues
- Get rid of your allergies
- Reduce your risk of inherited disease tendencies (i.e. cancer, heart disease, etc.)