Movement, Exercise and Rest:

Please describe your usual physical activity. What forms of exercise and movement do you enjoy?

Activity	EZ to Moderate Effort: Minutes / Week	Working up a Sweat: Minutes / Week
Cardio and / or Walking		
Balance / Core / Aquatic		
Weights or Resistance		
Other:		

Mind-Body Connection:

Rate the amount of stress in your life:

☐ None ☐ A Little Bit ☐ Moderate ☐ Quite a Lot ☐ Extreme

How well do you manage stress?

☐ Not at All ☐ A Little Bit ☐ Moderate ☐ Quite well ☐ Excellent

What are the main sources of stress in life? (Personal, professional, financial etc.)

_____

METHODS OF COPING WITH STRESS	# of Times / Week
7+ Hours of Sleep	
15+ Minutes Spent Outdoors	
No Screens 3 Hours Before Bed	
Mindful Breathing or Meditation	
Feeling Rested & Positive in the Morning	
Other De-Stressing Activity:	

Nutrition:

Please list any food allergies or sensitivities:

Are you currently on a special diet? If so, please describe: _____
_____

How many servings of fruit do you usually eat/drink each day? _____
(Serving = 1 small piece of fruit, 1/2 cup fruit juice, 1/2 cup canned or chopped fruit, 1/4 cup dried fruit)

How many servings of vegetables do you consume each day? _____
(Serving = 1/2 cup raw or cooked vegetables, 1 cup fresh, green leafy vegetables, 1/4 cup dried vegetables or 1 small piece)

How much water do you drink on a typical day? _____
Example: Four 16-ounce bottles water/day

Soda (diet or regular) _____
Other sugary drinks or 100% fruit juice: _____
Cups of coffee per day _____
cups of tea per day _____

Please indicate the number of times or servings you consume during an average week:

How often do you eat the following per week: # servings or # times (1 serving meat = 3 ounces cooked meat, poultry or fish = a deck of cards sized piece)
Red meat (beef, pork, lamb, veal, etc.) _____
Fish/seafood _____
Poultry (chicken, turkey, duck, quail, etc.) _____
Eggs _____
Animal-sourced dairy (cow/sheep/goat/etc.) milk, yogurt, kefir, cheese, cottage cheese, etc. _____
Soy (tofu, tempeh, edamame) _____
Beans/legumes - including peanuts _____
Nuts, seeds or nut butters _____
Protein powder or bars _____
Chips or crackers _____
Desserts and other sweets _____
How often do you eat out at restaurants or fast food places per week?
_____

Which restaurants do you typically visit? _____

How many hours of sleep do you usually get each night?_____

Describe any issues you have with sleep: _____

_____

Review of Symptoms:

Please check yes or no for the following current symptoms (within past 3 months)

GENERAL	YES	NO		GASTROINTESTINAL	YES	NO
Fever				Diarrhea / Constipation		
Sweats at Night				Indigestion / Heartburn		
Hot Flashes				Nausea		
Temperature Intolerance				Blood in Stool		
Excessive Thirst				**GENITOURINARY**		
Fatigue				Pain or Burning on Urination		
Sleep Difficulties				Frequent Urination		
Daytime Sleepiness				Waking to urinate more than once at night		
Unplanned Weight Change				Excessive urination		
SKIN				Difficulty emptying bladder		
Rash				Urinary incontinence		
New or changing moles				Decreased sexual desire		
EYES				Pain with intercourse		
Pain				Sexually Transmitted Diseases		
Redness				Fertility issues		
Vision Change				**MEN:**		
EAR, NOSE, THROAT				Erectile Dysfunction		
Hearing loss				**WOMEN:**		
Ringing in ears				Heavy vaginal discharge		
Dizziness or Vertigo				Heavy menstrual bleeding		
Bleeding Gums				Painful menstrual periods		
Nosebleeds				Irregular menstrual bleeding		
BREAST				**MUSCULOSKELETAL**		
Breast Pain				Generalized or all-over pain		
Masses and or Lumps				Joint pain		
Nipple discharge				Stiffness		
Skin changes				Joint swelling		
CARDIOVASCULAR				Joint redness		
Chest pain				Back or neck pain		
Heart murmur				**NEUROLOGICAL**		
Irregular Heart Beat (Palpitations)				Abnormal Gait (trouble walking) or Falls		
Leg swelling or Edema				Headache severe and / or frequent		
PULMONARY				Seizures		
Wheezing or shortness of breath				Muscle weakness, TIA, or stroke		
Chronic cough				Fainting or loss of consciousness		
HEMATOPOIETIC				Localized numbness, tingling, Neuropathy		
Swollen Lymph Glands				**PSYCHOLOGICAL**		
Blood Clots				Anxiety		
Excessive Bleeding				Depression		
Anemia				Memory Loss		
				Mood Swings		