(Women's Survey) Please write or print clearly. All of your information will remain confidential between you and the Health Coach.

PERSONAL INFORMATION

First Name: _____

Last Name: _____

Phone: Home: _____ Work: _____ Mobile: _____

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

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

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

SOCIAL INFORMATION

Relationship status: _____

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? _____

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: _____

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? _____

What role do sports and exercise play in your life? _____

FOOD INFORMATION

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

_____

_____

_____

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? _____

_____

_____

_____

Please complete and email this form to http://Ennis@twoRiverHealth.com