



Date: \_\_\_\_\_

**PERSONAL INFORMATION**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Whom may I thank for sending you? \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: (\_\_\_\_)\_\_\_\_-\_\_\_\_ Secondary Phone: (\_\_\_\_)\_\_\_\_-\_\_\_\_

Email (Will not be given to any other businesses): \_\_\_\_\_

Who do you live with? And ages? (ie: spouse, children, parents, etc.) \_\_\_\_\_

\_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Gender: Male Female

Employer: \_\_\_\_\_ Occupation: \_\_\_\_\_

**HEALTH STATUS**

Occupational Stress Level (1-10): (no stress) 1 2 3 4 5 6 7 8 9 10 (very stressful)

Personal Stress Level (1-10): (no stress) 1 2 3 4 5 6 7 8 9 10 (very stressful)

Recreational Activities/Hobbies: \_\_\_\_\_

Habits: Smoking: \_\_\_in past \_\_\_never \_\_\_current \_\_\_Other Tobacco: \_\_\_\_\_

<1 pack/day 1 pack/day 2 packs/day 3 packs/day

Alcohol: in past never current

Drink/day 0-1 1-2 2-3 3-4 4-5 5+ **or** \_\_\_\_\_ per week

Caffeinated Drinks: never 0-1/day 1-2 2-3 3-4 4-5 5+ **or** \_\_\_\_\_ per week

Diet foods/Drinks: never 0-1/day 1-2 2-3 3-4 4-5 5+ **or** \_\_\_\_\_ per week

Fast Food Consumption: never 0-1/day 1-2 2-3 3-4 4-5 5+ **or** \_\_\_\_\_ per week

Vegetable Consumption: never 0-1/day 1-2 2-3 3-4 4-5 5+

Exercise type and amount: \_\_\_\_\_

Hours of sleep a night: \_\_\_\_\_ Do you wake up rested? \_\_\_\_\_

Please rate your overall health status: (poor) 1 2 3 4 5 6 7 8 9 10 (excellent)

Are you healthier today than you were 5 years ago? \_\_\_\_\_

Why are you seeing the clinician?

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What are your expectations for your health after coming here?

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## **MEDICAL HISTORY**

List any surgeries:

List any past injuries:

## **ADDITIONAL INFORMATION**

Please include important medical information the clinician should be aware of: major family histories, cancer, heart disease, stroke, diabetes, surgeries etc:

## **FEE STRUCTURE**

Please note that the fees for your initial visit total \$275.00. This includes a consultation, examination, and recommendations for care.

I understand that nutritional consultations are not covered by insurance companies. I assume full responsibility for payment at the time of service.

Patient's Signature \_\_\_\_\_