



Health Questionnaire

What areas of your health do you feel need improvement?

I commonly hear people need help with energy, sleep, mood, weight, inflammation and pain.

How do you feel the current state of your health is affecting other areas of your life?

Some people have told me their marriage is affected because they don't love their body. Their parenting is affecting since they don't have energy and their job because of their brain fog.

Have you tried anything in the past to change these health concerns?

Reflecting on your past efforts to reach your health goals, can you tell me what you felt contributed to your successes or failures?

Do you engage in physical activity for at least 30 minutes a day?



What areas of your health do you feel need improvement, and why?

I commonly hear people need help with energy, sleep, mood, weight & inflammation and pain.

How do you feel the current state of your health is affecting other areas of your life?

Some people have told me their marriage is affected because they don't love their body anymore, their parenting since they don't have energy for all that & some say their job because of their brain fog

Have you tried anything in the past to change these health concerns?

Reflecting on your past efforts to reach your health goals, can you tell me what you felt contributed to your successes or failures?

Do you engage in physical activity for at least 30 minutes a day?

Do you have any physical limitations that would stop you from daily activity?