

## Wellness Intake Form

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Age: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_

### DIETARY INTAKE SUMMARY:

How many servings of fruit do you consume per day? \_\_\_\_\_  
 How many servings of vegetables do you consume per day? \_\_\_\_\_  
 How many servings of protein do you consume per day? \_\_\_\_\_  
 How many servings of bread/crackers/pasta do you consume daily? \_\_\_\_\_  
 Do you consume artificial sweeteners?  Yes  No If yes, what brands? \_\_\_\_\_  
 Do you consume fast food?  Yes  No If yes, what do you typically eat? \_\_\_\_\_  
 Do you eat breakfast?  Yes  No If no, what time is your first meal of the day? \_\_\_\_\_  
 Do you consume alcoholic beverages?  Yes  No If yes, how many per week? \_\_\_\_\_  
 Do you consume coffee?  No  Yes If yes, how many cups per day? \_\_\_\_\_  
 Do you consume dietary supplements?  No  Yes If yes, please list all of them below. Additionally, please bring them in so we can check for ingredients that are not healthful or may have contraindications with medications.

### Please indicate the areas of health that you want to improve:

Lose weight       More energy       Sleep better       Improve digestion  
 Improve blood work       Prevent problems       Anti-aging support       Improve general health

If you could improve ONE thing about your health, what is your priority?

### IDENTIFYING YOUR HEALTH GOALS:

To help our office understand your wellness goals and give you the type of care that you want, please use this chart to answer the questions below.

-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
I have serious concerns about my overall health	I feel worried about my health	I have constant concerns that affect my health	I have health challenges that affect me on a daily basis	I have some minor complaints about my health	I feel okay about my health with no complaints	I feel good most days	I feel well on a daily basis	I feel energetic and healthy	I feel active, energetic and fit	I feel great and am proactive about my health

1. What number best describes how you feel about your health today? \_\_\_\_\_
2. What health goal do you want to achieve?: \_\_\_\_\_

**NOTE:** In our commitment to your health, our office provides our patients with access to a free online resource for education, science and wellness support. We will create your login ID and provide access information. Please indicate which free wellness classes you wish to be informed of:

Health Reality Check     The Meaning of Essential Nutrients     Creating Optimal Health     Other \_\_\_\_\_  
 Customizing Your Health Plan     Healthy Age Management     Genetics and Health     Healthy Weight Loss