General Health History

NAME_____DATE_____
PHONE #_____
ADDRESS_____
EMAIL ADDRESS: _____
EMERGENCY CONTACT _____
RELATIONSHIP & PHONE NUMBER_____
BIRTHDATE _____SEX_____HEIGHT_____WEIGHT_____
OCCUPATION_____
DO YOU LIKE YOUR JOB?_____
ARE YOU IN A RELATIONSHIP? _____
CHILDREN? AGES? _____

WHAT IS YOUR MAIN CONCERN THAT BROUGHT YOU HERE TODAY?

_____
_____
_____
_____

Vegetarian? NO ____ YES ____ DESCRIBE YOUR TYPICAL DAILY FOOD INTAKE:
Breakfast_____
Lunch_____
Dinner_____
Snacks_____

PLEASE DESCRIBE YOUR TYPICAL DAILY FLUID INTAKE:
Water_____Alcohol_____
Coffee/Tea_____Soda_____
Juice_____ Other_____
WHAT TYPE OF WATER DO YOU DRINK?_____

HOW MUCH SLEEP DO YOU GET ON THE AVERAGE? _____IS IT SOUND?_____
DO YOU WAKE TO VOID ? _____ DO YOU HAVE URINARY URGENCY? _____
DESCRIBE YOUR NORMAL BOWEL HABIT—frequency & consistency (i.e. formed or loose stool)

_____
_____

DESCRIBE YOUR ENERGY LEVEL: _____

DESCRIBE YOUR DAILY SCHEDULE OR ACTIVITIES:_____
_____

DO YOU FEEL STRESSED? _____

WHAT DO YOU DO WHEN YOU FEEL STRESSED? _____
_____

DO YOU CURRENTLY SEE A MEDICAL DOCTOR FOR ANY REASON?_____
_____

WAS AN ILLNESS DIAGNOSED?_____

_____

DO YOU HAVE A PACEMAKER? _____ DEFIBRILLATOR? _____
ARE YOU PREGNANT? _____

PLEASE LIST ANY SUPPLEMENTS YOU ARE NOW TAKING

_____
_____
_____
_____
_____
_____

WHAT TYPES OF EXERCISE OR PHYSICAL MOVEMENT DO YOU DO?

_____
_____

DO YOU CURRENTLY HAVE PROBLEMS WITH ANY OF THE FOLLOWING:

___ALLERGIES*	___HEADACHES	___JOINT ACHES
___LEG CRAMPS	___DIZZY SPELLS	___FLUID RETENTION
___CONSTIPATION	___DIGESTIVE PROBLEMS	___SKIN PROBLEMS
___HIGH BLOOD PRESSURE	___NERVOUS TENSION	___MOOD SWINGS
___DEPRESSION	___DIABETES	___HEART PROBLEMS
___KIDNEY PROBLEMS	___BREATHING PROBLEMS	___HIGH CHOLESTEROL
___ PMS/ MENOPAUSE CONCERNS	___ MENSTRUAL CRAMPS	

*ALLERGY TO: _____

DO YOU HAVE FOOD CRAVINGS SUCH AS CHOCOLATE, BREADS, ALCOHOL OR SWEETS?

_____

IS THERE ANYTHING YOU HAVEN'T TOLD ME THAT YOU THINK I SHOULD KNOW?

_____
_____
_____
_____
_____
_____

HOW DID YOU FIND OUT ABOUT US? _____

www.CARENCOE.COM