

Name: julia **Age:** **Height:** **Weight:** **Male or Female**
Activity Level: **Sedentary** **Lightly Active** **Active** **Highly Active**

Previous Injuries or Disabilities:

Medical Conditions

Chronic pain, tightness, stiffness?

Food Allergies/Sensitivities/Foods to Avoid.

Medications

Mental Health Conditions (depression, anxiety, addiction, other)

Liquid Calories:

Soda, Juice,

**Caffeine, Energy Drinks- wine, coffee, sometimes beer. ~2 drinks , 1x coffee . 2 to 3 30oz cups.
Shakology.**

Any Other Considerations:

Alcohol/Marijuana

Daily water intake?

How is Stress?

How many hours of sleep?

Fave Foods (they do not have to be healthy)

Eggs, chocolate. Red meat. Sweet potatoes. Bread with butter. Mexican food, Mediterranean. Asian food. Soups.

Fish/Seafood? A go 👍 salmon and tilapia. No meat on fridays. Sushi. All sushi .

fruits:

(Calculated for you Skip)

Calorie Goal:

Protein Goal:

Carbohydrate Goal:

Fat Goal:

Fiber Goal:

Sugar Goal:

What percentage are meals eaten out verses prepared at home?

Go-To meals

Go-to restaurants

Weight Fluctuation over last 3 to 6 months :

Past weight or health challenges/successes:

When husband was relating . Farmers markets. Destress. Vegetables.

Challenges- choc cake or sweet breads. Dark chocolate.

1. What is your ideal, overarching goal you want to achieve?

2. Why is this important to you? What are your motivators behind that goal?:

2a. How will we track progress and stay accountable? Scale, Clothes, Health, Mood, Consistency, Measurements, other

4. How do you learn best? seeing doing, reading, illustrations, listening.

5. What is the most difficult part about managing weight?

On a Scale From 1-10 How Strong is Your Desire to Lose Weight? (1-Low; High-10)-

On A Scale From 1-10 How Confident Are You That You Could Lose Weight if you had to? (1-Not Confident; 10-Most Confident)

Have You Tried Losing Weight Before?

(About)How Many Times?

How Long and How Significant Was Your Biggest Success?

What Methods Did You Use In That Situation?

What Worked/Helped?

What Was/Is the Hardest Part?

What Could Help You achieve and Maintain the goals you currently have?