

Please write or print clearly.

All of your information will remain confidential between you and the Health Coach.

PERSONAL INFORMATION

First Name: _____ Date _____

Last Name: _____

Email: _____

HEALTH INFORMATION

What positive changes have you noticed since your last session?

What are your main concerns at this time?

Any changes with weight? _____ How is your sleep? _____

Constipation or diarrhea? _____ How is your mood? _____

FOOD INFORMATION

Are you cooking more? _____

What foods do you crave? _____

What is your diet like these days?

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>	<u>Liquids</u>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

ADDITIONAL COMMENTS

Anything else you would like to share?
