



HEALTH SURVEY FORM

First Name _____ Last Name _____
Age _____ Birthday _____ E-Mail _____
Facebook _____ Twitter _____
Cell _____ Today's Date _____

What is the most important issue to you concerning your health & wellness today?

How much weight do you want to lose or gain? _____/lb

What other programs/products have you tried in the past?

Why do you feel that those other programs did not work?

How many meals and snacks do you have daily? (Circle) 1-2 3-4 5 or more

What do you usually have for breakfast? _____

Do you have a problem with snacking? (Circle) YES/NO What is your favorite snack? _____

If yes, at what time of the day or evening is snacking hardest to control? _____

Do you take vitamins or any type of nutritional supplements? (Circle) YES/NO

How much water do you drink daily? _____ glasses or _____ standard water bottles

How often do you rest or rest weekly? _____

Where is your energy level, on a scale of 1-10 _____

On a scale of 1-10, how committed are you to achieving your health and wellness goals? _____

If you are taking any prescription medications what conditions do you take them for? _____

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