

Healthy Living Questionnaire

Patient Name: ____

Date:_____

Age: Gender: 🗅 Male 🗅 Female	3. Balance Eating – Check Which Apply:
	Mixed food diet (animal and vegetable sources)
Current Weight:	Uvegetarian
	Uvegan
	Salt Restriction
Do you consider yourself:	Fat Restriction
🗅 underweight 🗅 overweight 🕒 just right	Starch/carbohydrate restriction
	The Zone Diet
Unintentional weight loss or gain of 10 pounds	Total calorie restriction
or more in the last three months: Yes \Box No \Box	Specific food restrictions of:
	dairy wheat eggs
	soy corn all gluten
Recent changes in your ability to:	Other
🗅 see 🗆 hear 🔍 taste	Servings per day: Fruits (citrus, melons, etc.)
smell Geel hot/cold sensations	Dark green or deep yellow/orange vegetables
	Grains (unprocessed)
	Beans, peas, legumes
1. Check the Following Statements That Apply:	Dairy, eggs
Occasionally or frequently skip meals	Meat, poultry, fish
Suffer from fatigue	
Currently overweight	
□ Crave sweets or carbohydrates	4. Eating Frequency – Check Which Apply:
	Skip breakfast or other meals
Crave stimulants, such as caffeine or soft drinks	Three meals/day
Suffer from chronic pain	Two meals/day
Suffer from headaches	One meal/day
	Graze-small frequent meals (how many/day)
20 Activity Level Check Very Convert Level	Generally eat on the run
2a. Activity Level – Check Your Current Level	
of Work or Lifestyle:	5. Exercise Frequency and Schedule –
driving, reading, computer, etc.	Check Which Apply:
Level 2 – Light Work: Light housework, labor,	□ 5-7 days per week
childcare, mechanic, some sitting, etc.	3-4 days per week
Level 3 – Moderate Work: Heavy gardening,	1-2 days per week
housework, labor, no sitting, etc.	□ 45 min or more duration per workout
Level 4 – Heavy Work: Heavy manual labor,	□ 30-45 min or more duration per workout
construction, digging, etc.	Less than 30 min
2b. Exercise Level – Check Your Current	Use of personal trainer
Level of Exercise:	Member of fitness club
	Own exercise equipment
Level A – Light Exercise: 1-3 times per week,	Walk: days/week
easy pace, stretching, walking, etc.	 Run, jog, jump rope, other aerobic: days/week Weight lift: days/week
Level B – Moderate Exercise: 2-3 times	Stretch: days/week
per week, moderate pace, some weights, etc.	□ Yoga: days/week
Level C – Heavy Exercise: 3-4 times per week,	Other days/week
vigorous pace, weights, fast running, etc.	

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6. Stimulant Use Habits – Check Which Apply:	9. Energy – Vitality
Tobacco:	I'd like to:
Cigarettes: #/day	Have more energy
Cigars: #/day	Have longer endurance
Pipe: #/day	Have more motivation
Alcohol:	Sleep better
Wine: # glasses/day or week	Be less tired after lunch
Liquor: # ounces/day or week	Feel more vital
Beer: # glasses/day or week	Regain vitality and vigor of my younger year
Caffeine:	Get less colds and flu
Coffee: # of 6 oz cups/day	Get rid of allergies
Tea: # of 6 oz cups/day	Not use so many over the counter drugs
Soda w/caffeine: # of cans/day	Stop using laxatives
Soda w/o caffeine: # of cans/day	Be free of pain
Other sources	
□ Water:	
# glasses/day	10. Longevity – Life Enrichment
# glasses/ day	
	I'd like to:
Stress Habits – Check Which Apply:	Reduce my risk of degenerative disease
Circle the level of stress you are experiencing on a scale	Slow down accelerated aging
of 1 to 10 (1 being the lowest): 1 2 3 4 5 6 7 8 9 10	Monitor biomarkers of aging
	Have less facial wrinkles
s your job associated with potentially harmful chemicals,	Maintain a healthier life longer
pesticides, radioactivity or solvents: Y 🗋 N 🗋	Change from a "treating-illness" orientation
Do you suffer from insomnia/sleep disorders? Y N	to a creating wellness lifestyle
Do you often abruptly awake from sleep? Y IN I	
Do you suffer from depression/mood swings? Y \Box N \Box \bigcirc	11. Body Composition – Fat/Muscle
	I'd like to:
. Supplement Use Habits – Check Which Apply:	Be stronger
Multivitamin/mineral	Be thinner
	Be more muscular
	Burn more body fat
	Be more flexible
	Lose weight
GLA (Evening primrose)	
Calcium, source	12. Stress Reduction – Mental/Emotional
Agnesium Agnesium	
Zinc	I'd like to:
Minerals, describe	Be happier
Friendly flora (acidophilus)	Be less depressed
Digestive enzymes	Be less moody
Amino acids	Be less indecisive
CoQ10	Be more focused
Antioxidants (lutein, resveritol, etc.)	Think more clearly
Herbs – teas	Improve my memory
Herbs – extracts	Learn how to reduce stress
Chinese herbs	Learn how to meditate
Ayurvedic herbs	
	COMMENTS
Bach flowers	
Superfoods (bee pollen, phytonutrient blends)	
Liquid meals (Ensure)	