

Heather's Healing Kitchen Health History

Welcome to Heather's Healing Kitchen Please provide honest and open information

Name

Date of Birth

Month Day Year

Age

Gender/Gender Identity

Phone Number

E mail

example@example.com

Referred By

Reason for Visit

Who do you live with?

Do you have a social support system?

Do you have children? Pets?

Occupation what do you do for work?

Do you like your job?

What do you do for FUN?

What are you passionate about?

Medical Diagnosis (if any)

Supplements

Do you see any other health care or wellness practitioners? Please provide

Are you under a medical doctor's care? Please provide details

Do you follow a particular dietary theory?

Do you have any food allergies?

What foods make you feel best?

What does a typical breakfast look like for

Do you cook at home?

What does a typical breakfast look like for you?

What does a typical lunch look like for you?

What does a typical dinner look like for you?

Have you ever been on a diet? If so what

Did it support you in reaching your wellness goals?

Is it supporting you in reaching your wellness goals?

What kind of exercise do you do?

What is your favorite way to get your body moving?

How often do you do it?

How frequently?

How much?

Anything else you would like to share about

What is your daily caffeine intake?

Anything else you would like to share about yourself?

Date

Month Day Year

Heather's Healing Kitchen Patchogue, NY 11772 (631)662-0841