

Holistic Approach 4 Life, LLC  
850 Boyce Road Suite 10  
Bridgeville, PA 45017  
P. 412-221-0701  
F. 412-221-9400

[Holisticapproach4life@gmail.com](mailto:Holisticapproach4life@gmail.com)

Kelly Haywiser: Certified Integrative Nutrition / Wellness Health Coach

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Please write or print clearly. All of your information will remain confidential between you and the Health Coach.

**PERSONAL INFORMATION**

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Email: \_\_\_\_\_ How often do you check email? \_\_\_\_\_

Phone: Home: \_\_\_\_\_ Work: \_\_\_\_\_ Mobile: \_\_\_\_\_

Age: \_\_\_\_\_ Height: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Place of Birth: \_\_\_\_\_

Current weight: \_\_\_\_\_ Weight six months ago: \_\_\_\_\_ One year ago: \_\_\_\_\_

Would you like your weight to be different? \_\_\_\_\_ If so, what? \_\_\_\_\_

**SOCIAL INFORMATION**

Relationship status: \_\_\_\_\_

Where do you currently live? \_\_\_\_\_

Children: \_\_\_\_\_ Pets: \_\_\_\_\_

Occupation: \_\_\_\_\_ Hours of work per week: \_\_\_\_\_

**HEALTH INFORMATION**

Please list your main health concerns: \_\_\_\_\_

\_\_\_\_\_

Other concerns and/or goals? \_\_\_\_\_

\_\_\_\_\_

At what point in your life did you feel best? \_\_\_\_\_

Any serious illnesses/hospitalizations/injuries? \_\_\_\_\_

\_\_\_\_\_

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**HEALTH INFORMATION** (continued)

How is/was the health of your mother? \_\_\_\_\_

How is/was the health of your father? \_\_\_\_\_

What is your ancestry? \_\_\_\_\_ What blood type are you? \_\_\_\_\_

How is your sleep? \_\_\_\_\_ How many hours? \_\_\_\_\_ Do you wake up at night? \_\_\_\_\_

Why? \_\_\_\_\_

Any pain, stiffness, or swelling? \_\_\_\_\_

Constipation/Diarrhea/Gas? \_\_\_\_\_

Allergies or sensitivities? Please explain: \_\_\_\_\_

**WOMEN'S HEALTH**

Are your periods regular? \_\_\_\_\_ How many days is your flow? \_\_\_\_\_ How frequent? \_\_\_\_\_

Painful or symptomatic? Please explain: \_\_\_\_\_

Reached or approaching menopause? Please explain: \_\_\_\_\_

Birth control history: \_\_\_\_\_

Do you experience yeast infections or urinary tract infections? Please explain: \_\_\_\_\_

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**MEDICAL INFORMATION**

Do you take any supplements or medications? Please list: \_\_\_\_\_

Any healers, helpers, or therapies with which you are involved? Please list: \_\_\_\_\_

What role do sports and exercise play in your life? \_\_\_\_\_

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**FOOD INFORMATION**

What foods did you eat often as a child?

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

What is your food like these days?

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

Will family and/or friends be supportive of your desire to make food and/or lifestyle changes? \_\_\_\_\_

Do you cook? \_\_\_\_\_ What percentage of your food is home-cooked? \_\_\_\_\_

Where do you get the rest from? \_\_\_\_\_

Do you crave sugar, coffee, cigarettes, or have any major addictions? \_\_\_\_\_

The most important thing I should do to improve my health is: \_\_\_\_\_

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**HOLISTIC PRACTICES**

Please share your experiences? \_\_\_\_\_

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**HOLISTIC JOURNEY**

Where are you at this time in Life?

What do you really want in life? \_\_\_\_\_

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**HOLISTIC APPROACHES**

What is your experiences with each (1 – None, 2 – Little, 3 – Average, 4 – Practicing, 5 – Highly Practiced?)

Journaling

Self-Awareness

Meditation

Affirmations

Mindful Eating

\_\_\_\_\_

Mindful Movements

\_\_\_\_\_

Massage/Bodywork

\_\_\_\_\_

Energy Work (Reiki)

\_\_\_\_\_

Breathwork

\_\_\_\_\_

Aromatherapy

**ADDITIONAL COMMENTS**

Anything else you would like to share? \_\_\_\_\_

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