



WELLBEING ASSESSMENT

GENERAL INFORMATION

Name :
Age:
Gender:

HEALTH LEVEL ASSESSMENT

Check the box that applies, provide more details in comments

PHYSICAL SYMPTOMS

	YES	NO	comments
Bad Breath/Halitosis			
Discolored eyes			
Itchy or flakey skin			
Recurrent Mouth Ulcers			
Frequent colds or flu			
Bleeding Gums			
Indigestion, heartburn, diarrhea, constipation, flatulence			
Others			

CAUSE FOR ALARM , IF THESE SYMPTOMS HAVE GONE PAST 30 DAYS

	YES	NO	comments
Prolonged tiredness			
Prolonged aches and pains			
Excessive bleeding from an orifice			
Jaundice			
Frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurred vision			
Shortness of breath, palpitations, weakness, nausea, extreme crushing pain, pain down left side			
Insomnia, nervousness, anxiety, major mood swings, night sweats, extreme fatigue and lethargy			
Others			

LIFESTYLE

	YES	NO	comments
Do you go to sleep at a regular time?			
Do you have a physical activity practice			
What type of activities			
Do you smoke?			

Do you drink alcohol?			
Are you addicted to sugar			
Do you consume processed food?			
Do you take medication or drugs?			
Do you take supplements			
Anything else?			

DREAM LIFESTYLE

	YES	NO	comments
Do you have passions?			
Do you have hobbies?			
What do you do in your free time?			
Do you do anything creative?			
Do you spend time with friends? How often?			
What is Your Bigger Vision			
What are a few things in your Average Perfect Day			

BALANCING YOUR ENERGY BODY

Balancing your energy body can be done through a variety of bio-energetic methods, such as breathwork, movement, visualization, and sound alchemy, in addition to proper nutrition guidelines for your body type. The questions below will help us find activities that will help you practice self-care and restore balance and flow.

INDICATORS THAT YOU NEED TO BALANCE VATA (AIR + SPACE) ENERGY BODY ELEMENTS

VATA State of MIND	YES	NO
Are you often worried, anxious, overwhelmed, and fretful?		
Do you feel tired but find yourself unable to slow down and relax?		
Do you find it difficult to settle down and fall asleep at night?		
Do you feel like you cannot sit still, that you need to be constantly moving?		
Do you feel "spaced out"? Is it harder to remember things for more than a short period of time?		
Is your attention span shorter than usual? Is it harder to focus?		
VATA BODY BALANCE		
Is your skin feeling dryer than usual, stretched taut or flaking?		
Is your hair more brittle, with split ends happening more often?		
Are your lips raw and chapped? Is your throat constantly dry?		
Is your digestion irregular? Do you experience problems with abdominal gas?		
Do your bowel movements occur less than once daily?		

INDICATORS THAT YOU NEED TO BALANCE PITTA (FIRE + WATER) ENERGY BODY ELEMENTS

PITTA State of MIND	YES	NO
Are you constantly critical, impatient, and irritable?		
Do you feel obsessed by work or a project, unable to stop for a break?		
Do you wake up in the very early hours of the morning and then find it difficult to get back to sleep?		
Is your tolerance of other people lower than usual? Do you have outbursts or often feel frustrated?		

Is your speech often biting and sarcastic?		
Is your attention span shorter than usual? Is it harder to focus?		
Do you find yourself getting into arguments easily?		
PITTA BODY BALANCE		
Is your skin feeling irritated or more sensitive than usual, breaking out or feeling inflamed?		
Is your hair falling when you shampoo or comb it? Do you suffer from premature balding?		
Do you have problems with heartburn or excess stomach acid?		
Do you feel hot even when you are indoors? Do you feel thirsty all the time? Are your eyes red?		

INDICATORS THAT YOU NEED TO BALANCE KAPHA (EARTH + WATER) ENERGY BODY ELEMENTS

KAPHA State of MIND	YES	NO
Do you find it difficult to awake even after long hours of sleep?		
Do you feel like you just want to sit and be a spectator?		
Do you feel withdrawn? Is it difficult to deal with change? Do you constantly feel the need to "cling"?		
Do you feel mentally unmotivated?		
KAPHA BODY BALANCE		
Are you gaining weight easily, even though you feel like you don't really have an appetite?		
Do you feel tired even though you are not performing any physical activity?		
Is your skin feeling oilier than usual, with breakouts?		

Is your hair oily and streaky even with regular shampooing?		
Are you heavy and congested in your throat, head and chest?		
Is your digestion slow? Do you feel heavy and lethargic after a meal?		

Tell Us More

Are there any details important to you that the questionnaire may have missed?

Best way to follow up?

Let us know how best to reach you! (please provide both, we are committed to protecting your data.)

☐ Via email: _____

☐ Via phone: _____

We are excited to see you create your dream life!

HÖLISTICA & CÖ.



Wilton Manors, Florida 33305
917-664-2900
www.holistica-space.com