

Progress Questionnaire

The following questionnaire is a significant part of your program. May it be good, bad or indifferent; your communication with me on your progress plays a major role in how best to proceed. Each patient has a different viewpoint on how well they are progressing. By giving careful thought to your responses on each of the below symptoms will allow both you and me an opportunity to see eye to eye on how well you are doing.

My main objective in having you complete this progress questionnaire is to help you succeed in accomplishing your health goals. Please spend extra time on the comment section. Express your frustrations, what you like, what you dislike, your successes etc. This is your chance to tell me everything that is good and everything that frustrates you. I want to encourage you to reach deep down in your gut and tell it like it is. I want to re-assure you that your time in completing this valuable questionnaire will help me help you.

Your Symptoms: List your primary symptoms and grade your level of progress. Place a checkmark in the appropriate box

Use the following Grading Scale:

Worse

No Improvement - (0% improvement)

Slightly Better - (25% improvement) Symptoms are still present however, you either experienced a 25% reduction in duration or intensity of your symptoms

Good - (50% improvement) Symptoms are still present, however, you either experienced a 50%+ reduction in duration or intensity of your symptoms

Excellent - (No symptoms/100% improvement)

Symptom	Worse	No Improvement	Slightly Better	Good	Excellent

In this box please update me on any new symptoms or health concerns. Record any and all details.

List present and new medications: Please make note if you have increased or decreased any dosages of present medications:

Have you had any lab tests or bioenergetic scans performed since your last ones? Yes/No If yes, what have you had done?

Are you taking any other supplements or nutritional products (including herbal supplements) other than what has been suggested to you during your consultations with me? Yes/No If yes, what have you taken:

What bugs you or bothers about you about my service or anything that involves how your health is being supported? (I promise you won't hurt my feelings. Please let me know)

Do you understand the role of using a holistic, functional and bioenergetic medicine approach to supporting your health? If not, what questions, comments, and/or concerns do you still have about the approach being used?

Please list what you ate for breakfast, lunch and dinner over the last TWO days. I want to know exactly what foods and beverages you consumed over the last two days.

What has been your greatest vice/difficulty in sticking with the program?

Is there anything that you want to ask me about your health that you may have forgotten? Any new symptoms? New concerns?

Please check off the following that you would like to achieve with my help:

- Have more energy
- Sleep better
- Have better digestion
- Be able to eat more foods
- Get rid of my allergies
- Have a better immune system i.e. less colds and coughs
- Not be dependent on laxatives or stool softeners
- Be able to work out again
- Have better muscle tone
- Be in less pain
- No longer use pain medication
- No longer use allergy medication
- No longer use sleep medication
- To feel less sleepy in the afternoon
- Lose weight
- Increase my sex drive
- Increase my metabolism to burn more fat
- I want to reduce my stress
- I want to improve my memory

I want to be able to be more focused

I want a better mood

I want to reduce my risk of developing a chronic disease

I want to slow down aging

I want to detoxify my body

I want to improve my diet

I want to clear up my skin

Management of addiction/substance use disorder (can be anything-i.e. nicotine, caffeine, drugs, food)

Other

If you checked other for the above question please list what other aspects of your health you want my help in achieving.

Please feel free to contact me via e-mail at lucy@wagalacompound.com with any additional questions.

Take Care,

Lucy Wagala PharmD, CFMP