

Name:

Date:

IDEAL HEALTH COACH

NEDA MOSTAFAVI

1

What's your date of birth?

2

What's your email address and phone number?

3

Do you have any existing medical conditions? If yes please provide the details.

4

Please list your medications and supplements that you take.

5

Have you had any surgeries in the past? If yes please name and date.

6

What are your primary wellness goals?

7

How often do you currently exercise and for how long each time?

8

How do you overall rate your fitness level?

9

How confident are you to become more active or increase your physical activities?

10

Do you have dietary restrictions?

11

How would you rate your current diet and eating habits?

12

What's your initial goal for your health and wellbeing?

Name:

Course:

Date:

REPORTING QUESTIONS

REPORTED INTERROGATIVE SENTENCES

SUGGESTED ANSWERS

1

"Do you like ice cream?" Neil asked me.

Neil asked me if/whether I like/liked ice cream.

2

"Are you going to the party, Cia?" wondered Yanis.

Yanis wondered if/whether Cia was going to he party.

3

"Have you finished your homework?" asked Olivia's mum.

Olivia's mum asked her if/whether she had finished her homework.

4

"When did you see the movie, Benjamin?" asked Isabel.

Isabel asked Benajmin when he had seen the movie.

5

"Were you studying last night, Mr Sato?" inquired the police.

The police inquired if/whether Mr. Sato had been studying the previous night.

6

"Had they visited that city before?" wondered Anna.

Anna wondered if/whether they had visited the/that city before.

7

"What time will you come for dinner?" Aaron's wife asked him.

Aaron's wife asked him what time he could come for dinner.

8

"When will you be attending the conference?" my secretary asked me.

My secretary asked me when I would be attending the conference.

9

"Will the project be ready by next week?" asked his boss.

His boss asked him if/whether the project would be ready by the next week.

10

"Where did your parents meet?" Daniel asked me.

Daniel asked me where my parents had met.

11

"What will you do when you finish school?" my friend asked me.

My friend asked me what I will/would do when I finish/finished school.

12

"How much did the jacket cost?" my dad asked me.

My dad asked me how much the jacket had cost.