

Karen's healthy lifestyle:

Yes

No

- Do you eat processed/GMO foods? Yes No
- Do you eat organic foods? (what % _____) Yes No
- Do you eat a lot of dairy? (how many times per day? _____) Yes No
- Do you eat a lot of gluten? (how many times per day? _____) Yes No
- Do you eat a lot of beef? (how many times per week? _____) Yes No
- Do you eat a lot of poultry? (how many times per week? _____) Yes No
- Do you eat a lot of fish? (how many times per week? _____)
(what kind? _____) Yes No
- Do you cook with a microwave? Yes No
- Do you store food in plastic? (includes drinking water) Yes No
- Do you have a water filter? (Drinking or house? _____) Yes No

Cleaning products list:

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
 9. _____
 10. _____
- Laundry soap? _____
 - Fabric softener? _____

Yes

No

Personal care Products list (shampoo, body soap and lotions, hair gel/spray, toothpaste, cosmetics, nail polish):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

- Home air purifier/filtration system? (type? _____) Yes No
- Do have a TV in your bedroom? Yes No
- Do you have an alarm next to your head at night? Yes No
- Are your cellphone or electronics in the bedroom at night? Yes No

Movement:

- Do you walk/hike a lot? (how much? _____) Yes No
- Do you do specific cardio? (Type & how long? _____) Yes No
- Do you stretch regularly? (Type & how long? _____) Yes No
- Do you do any of the below?
 1. Yoga Yes No
 2. Thai Chi Yes No
 3. Qi Gong Yes No
 4. Dance Yes No
 5. Gym membership (primary focus? _____) Yes No
 6. Other _____ Yes No

Spiritual practice:

Yes

No

- Meditation (what kind? _____)
 - Spiritual practice? (what kind? _____)
- (Examples; reading, chanting/singing, church, nature walks or hikes, other)

Community connection:

- Do you do any volunteering? (type? _____)

What are you really good at?

1. _____
2. _____
3. _____
4. _____
5. _____

Personal relaxation habits:

- How much TV do you watch? (hours per day) _____
- Do you watch or listen to a lot of news? (hours per day____)
- Do you spend a lot of time on social media? (hours per day____)
- Do you read a lot? (What type of books? _____)
- Do you read or watch motivational material?
- Other personal habits? _____

If there is one thing you could change in your current physical health, what would that be?

If there's one personal habit you would like to stop, what is it and why?

If there's one personal habit you would like to adopt, what is it and why? _____

What are you passionate about and why (not goals)?

What are your life goals?

What are you hoping to gain/learn from working with Karen?

Yes

No

Are you interested in learning techniques, tapping into your hearts wisdom and intelligence that can help guide you through adversities?

Additional comments:
