

Page 1
Lifestyle Survey

Date _____ Referred by _____

Occupation _____

Name _____

Address _____

Land Phone & Cell _____

Email: _____

Age _____ Sex _____

Do you smoke? _____ Do you drink alcohol, coffee or pop? (Circle)

How much? _____

Major Illnesses, Surgeries, Disorders (Under treatment and what treatment?)

Reactions, Sensitivities, Allergies to Prescriptions, Foods, Airborne Chemicals/Smells, Electromagnetic Fields, Noises, Tastes, Lights, Certain Peoples Energies? Circle and explain.

Are you pregnant? _____ Are you on birth control? _____

Drugs taking & for what? (This includes recreational as well as pharmaceutical) _____

Vitamins, Supplements, Herbs taking & for what? _____

Water intake amount and type. Tap, Distilled, Well, Spring, Reverse Osmosis, Alkaline Water? (Circle) How many cups? _____/day

Diet? Meat eater, Vegetarian, Vegan, Atkins, Raw Foods, Low Carb, Anti-Candida, Junk Foods, Other (Circle)

Page 2
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Do you exercise? _____ What do you do? _____

How often do you exercise? _____
Do you meditate? _____ Relax? _____ How much per week? (hours)

Do you make time in your life each week for fun? _____ What do you do?

Do you feel there is enough joy, love, peace and prosperity in your life?
(Circle and explain if not) _____

Any particular issues/complaints that you would like to discuss?

Are you open to exploring emotional and/or spiritual solutions? _____
What are your desires or goals for a Healthier Lifestyle?

Anything else I need to know about you? _____

Dear Client:

Many times when starting a new lifestyle program a person may experience an increase in symptoms or may experience a completely new set of symptoms or emotions. Most often this is the body's way of clearing or cleansing itself of poisons or toxic emotions that are trapped in the body. The body is trying to rebalance its energetic systems. To counteract this, increase your intake of water, get plenty of rest, and reduce the amount supplements if you are taking. Some herbs may increase or decrease your need for some pharmaceuticals and you should pay close attention to how your prescriptions are working and monitor yourself. (For example, check your blood pressure, blood sugar, etc) If you feel you are having a sensitivity or reaction please discontinue. I am available for serious concerns.

Sincerely,
The Connecting Bridge