



Men's Health History

Please write or print clearly. All of your information will remain confidential between you and the Health Coach.

PERSONAL INFORMATION

First Name: _____ Last Name _____ Age: _____

Home Phone: _____ Mobile Phone: _____

Email: _____

Birthdate: _____ Place of Birth: _____

Height: _____ Current Weight: _____ Weight 6 months ago: _____ One year ago: _____

Would you like your weight to be different? _____ If so, what? _____

SOCIAL INFORMATION

Relationship status: _____

Where do you currently live? _____

Children: _____

Pets: _____

Occupation: _____

How many hours per week do you work? _____

HEALTH INFORMATION

Please list your main health concerns: _____



At what point in your life did you feel best?

Any serious illnesses/hospitalizations/injuries?

How is/was the health of your mother?

How is/was the health of your father?

What is your ancestry? _____

How is your sleep? _____ How many hours? _____

Do you wake up at night? If so, why do you think and what time?

Any pain, stiffness, or swelling? _____

Constipation/Diarrhea/Gas? _____

Allergies or sensitivities?

MEDICAL INFORMATION

What is your blood type? _____

Please list any supplements or medications you are currently taking: _____

Any healers, helpers, or therapies with which you are involved? Please list: _____

What role do sports and exercise play in your life?

Anything else you would like to share about your medical history?



FOOD INFORMATION

What foods did you eat often as a child?

Breakfast	Lunch	Dinner	Snacks	Liquids

What is your food like these days?

Breakfast	Lunch	Dinner	Snacks	Liquids

Will family and/or friends be supportive of your desire to make food and/or lifestyle changes?

Do you cook? _____

What percentage of your food is home-cooked? _____

Where do you get the rest from? _____

What percentage of your meals are from a restaurant? From where?

Do you crave sugar, coffee, cigarettes, alcohol, or have any major addictions?



What role does or has religion/spirituality played in your life?

The most important thing I should do to improve my health is:

Anything else you would like to share?
