NUTRITION ADVANTAGE, LLC

NAME:_____ DATE:_____

CURRENT HEALTH PROBLEMS/MEDICAL CONDITIONS THAT YOU ARE BEING TREATED FOR:	HEALTH DATA							
Medication Indication Medication Indication Image: Stress Level:	CURRENT HEALTH PROBLEMS/MEDICAL CONDITIONS THAT YOU ARE BEING TREATED FOR:							
Medication Indication Medication Indication Image: Stress Level:								
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EXERCISE:	CURRENT MEDICATIONS AND SUPPLEMENTS: List what you are taking and for what indication.							
Do you have exercise equipment at home?NOYES, What kind? Other Info: STRESS LEVEL:Low/NormalModerateHigh Other Info: SLEEP: How many hours on average do you sleep?How would you describe the quality of your sleep?How would you describe the quality of your sleep?How would you describe the quality of Yes:Never If Yes:Years of smokingYear first startedAmount/Packs a day	Medication	Indication	Medica	ation	Indication			
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Other Info:	EXERCISE: none minimal moderate vigorous							
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Other Info:	Other Info:							
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SLEEP: How many hours on average do you sleep? How would you describe the quality of your sleep? HISTORY OF CIGERETTE USE: Current Former Never Cigar/Pipe Use: Current Former Never If Yes: Years of smoking Year first started Amount/Packs a day								
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If Yes:Years of smokingYear first startedAmount/Packs a day	HISTORY OF CIGERETTE US	E:Curi	rent	Former _	Never			
	Cigar/Pipe Us	e: Cu	rrent	_ Former	Never			
Year Patient Stopped: Other Info:	If Yes:Years of smokingYear first startedAmount/Packs a day							

HISTORY OF ALCOHOL USE:	Current	Former	Never		
If Yes:Years of drinkin	gYe	first started # of drinks a day			
Year Patient Stopped:	Other Info:				
GI INFORMATION: Please describe a	any gastro intestin	al concerns that you are	currently experiencing:		
EATING HABITS, CHECK ANY THAT A	APPLY TO YOU:				
Eating while preparing m	eals	Eating foo	Eating food high in fat or sugar		
Eating when not hungry		Eating too	Eating too much of certain food		
Eating when too hungry		Eating late	Eating late at night		
Eating in response to the	clock	Frequent	Frequent social/ Restaurant eating		
Skipping meals		Eating in r	Eating in response to food ads		
Eating rapidly		Eating wh	Eating while reading/watching tv		
Eating unconsciously/mir	dlessly	Eating in r	Eating in rooms besides kitchen		
Eating past fullness		Eating wh	Eating while driving		
Binge eating		Eating on	the run		
Eating Secretively		Eating mo	Eating more on weekends		