
MEN'S HEALTH HISTORY

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

PERSONAL DEMOGRAPHICS:

First Name: _____

Last Name: _____

Age: _____ Height: _____ Date of Birth: _____ Place of Birth: _____

Email: _____ How often do you check your email? _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

SOCIAL HEALTH:

Relationship Status: _____

Where do you live? _____

Any children? (If yes, how many?) _____ Any pets?(if yes, how many?) _____

Occupation: _____ How many hours do you work per week? _____

MEDICAL HEALTH:

Do you have any medical issues or health concern? _____

Are you currently undergoing any treatments, therapies or under a physicians care? _____

Any current or previous serious illnesses, hospitalizations, or injuries? _____

Any allergies (food and/or medications) or food sensitivities? _____

Current Weight: _____ Weight Six Months Ago: _____ Weight One Year Ago: _____

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

What is your blood type? _____

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GENERAL HEALTH: (continued)

How is your sleep? _____ How many hours do you sleep per night? _____

Do you wake up during the night? If so, why? _____

Any current pain, stiffness, or swelling? _____

Any constipation, diarrhea, or gas? _____

FAMILY HISTORY:

How is/was your mother's health? Any serious health issues? _____

How is/was your father's health? Any serious health issues? _____

What is your ancestry? _____

FOOD HISTORY:

Will your family and 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 does your non-home-cooked food come from? _____

What foods did you eat often as a child?

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>	<u>Liquids</u>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

What foods do you typically eat these days?

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>	<u>Liquids</u>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

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FOOD HISTORY: (continued)

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

What is the most important thing you should change about your diet to improve your health? _____

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

ADDITIONAL QUESTIONS:

What role do sports and exercise play in your life? _____

What are your health and wellness goals? _____

At what point in your life did you feel your best? _____

Is there anything else you would like to share? _____