

## Wellness Review Assessment

Weight \*: \_\_\_\_\_ Lean Mass % \*: \_\_\_\_\_

Fat Mass % \*: \_\_\_\_\_

Summary \*

Red Flags/Medication \*

Patient Goals

Digestion

- ☐ Bloating
- ☐ Gas
- ☐ Reflux
- ☐ Constipation or Diarrhoea

Comments: \_\_\_\_\_

Energy

- ☐ Low in the morning
- ☐ Second wind at night
- ☐ Use coffee and/or sugar to keep going
- ☐ Fatigue

Comments: \_\_\_\_\_

Mood

- ☐ Mood Swings
- ☐ Overwhelmed
- ☐ Anxiety
- ☐ Happy

Are you aware of any triggers for your mood swings: \_\_\_\_\_ Comments: \_\_\_\_\_

Sleep

- ☐ I feel refreshed after 8hrs of sleep
- ☐ I stay asleep through the night
- ☐ It is easy to fall asleep

What helps you fall asleep?: \_\_\_\_\_ Comments: \_\_\_\_\_

### Cognition

- ☐ Brain Fog
- ☐ Poor Memory
- ☐ Can't switch off
- ☐ Difficulty to focus

When did you start experiencing the above symptoms, if any?: \_\_\_\_\_ Comments: \_\_\_\_\_

### Immunity

- ☐ Frequent Colds/Infections
- ☐ Cold sores
- ☐ Sinus Problems
- ☐ Shortness of breath

How often do you pick up colds/infections?: \_\_\_\_\_ Comments: \_\_\_\_\_

### Performance and Recovery

- ☐ Exercise less 2x a week
- ☐ Energised after a workout
- ☐ Easy to recover after a workout
- ☐ Shortness of breath when working out

What type of exercise do you do?: \_\_\_\_\_

Comments: \_\_\_\_\_

### Inflammation/Pain

- ☐ Joint pain/swelling
- ☐ Muscle pains
- ☐ Thread/Varicose Pains
- ☐ Hives/rashes

Has anything helped relive your symptoms so far?: \_\_\_\_\_ Comments: \_\_\_\_\_

### Body Shape

- ☐ Overweight
- ☐ Abdominal fat
- ☐ Underweight
- ☐ Athletic

Do you have any specific goals in relation to your body shape?: \_\_\_\_\_ Comments: \_\_\_\_\_

### Skin

- ☐ Eczema
- ☐ Rosacea
- ☐ Acne
- ☐ Itchy Skin

When did the symptoms start if any?: \_\_\_\_\_ Comments: \_\_\_\_\_

### Life Goals \*

**Work Goals**

**Physical Goals**

**Family Goals**

**Diet Analysis \***

**Diet/Lifestyle Recommendations \***

**Supplements/Suggested \***

**Tests \***

**Strategy \***

**Next Appointment Booked \***