



Wellness Questionnaire

All of your information will remain confidential.

PERSONAL INFORMATION

Name: _____

Address: _____

Email Address: _____ Phone: _____ Age: _____

Relationship Status: _____ How many children/their ages? _____

Pets? _____ Occupation: _____

How many hours per week? _____

Preferred Form of Communication (Phone, Text, Email) _____

Check here to subscribe to The Hill System Monthly Newsletter and email list.

WELLNESS INFORMATION

Please list your main wellness concerns: _____

Please list your top wellness goals: _____

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

Any serious illnesses/hospitalizations/injuries? _____

How is your sleep? _____ How many hours? _____ Do you wake up at night? _____

Any pain, stiffness, or swelling? _____

How's your digestion? _____

Do you notice bloating, cramping, heartburn or other after eating a meal? _____

What foods or stressors do you feel are causing these issues? _____

Allergies or food sensitivities? Please explain: _____

OTHER INFORMATION

Do you take any supplements or medications? Please list: _____

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

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

ADDITIONAL COMMENTS

Anything else you would like to share? _____

NUTRITIONAL PROFILE/FOOD INFORMATION

Please list below everything you have eaten from the past 72 hours [3 days]. This includes main meals, snacks, beverages, supplements, and water. Please use the backside of the paper for additional information.

| Day 1 | Day 2 | Day 3 |
|-------|-------|-------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

What percentage of your food is home-cooked? _____

How often do you eat at fast food restaurants per week? _____ Other restaurants? _____

Do you experience food cravings? If so, what? _____

The most important thing I can do to improve my/my family's health is: _____
