



LIFESTYLE & HEALTH PROFILE



Name:

Date:

Age	Height	Current Weight (optional)	Goal Weight (optional)

DAILY PHYSICAL ACTIVITY

TYPE	DURATION	FREQUENCY

If you are not currently active, how long has it been since you had an active lifestyle?

Describe:

NUTRITIONAL INFORMATION

How would you describe your nutritional intake?

Poor Needs Improvement Adequate or Excellent

How many ounces of water do you drink a day?

How many servings of fruits do you eat a day?

How many servings of vegetables do you eat a day?

Do you take a multivitamin/mineral everyday?

Describe what you eat on a typical day:

For past 2 months

Meal	Time	Description
Breakfast		
Snack		

Lunch		
Snack		
Dinner		
Snack		

MEDICAL STATUS

Date of Last Physical Exam:

Date of Last Doctor's Visit:

Purpose:

Do you have any of the following? If yes, please describe:

Heart Disease	
Diabetes	
Respiratory Condition	
Muscular/Skeletal Condition	
Back Condition	
Previous Injuries	
Current Injuries	
Other Medical Conditions	

GOALS

Describe you goals in the following areas:

Body Management	
Weight Management	
Increase Flexibility	
Increase Endurance	
Increase Strength	

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Health Coaching First Appointment Health & Readiness to Change Survey

This quick survey will help the coach, and yourself, get a better idea of where you are in the lifestyle change process and your degree of commitment to your health.

Please respond to the following seven statements using a 1-to-7 scale to rate your level of agreement:

1	2	3	4	5	6	7
Not at all true			Moderately true		Absolutely true	

1. I feel very good about my current health status. _____
 2. I am able to do all the things I want to do. _____
 3. I prioritize my time to the benefit of my health. _____
 4. I have adequate knowledge for living a healthy life. _____
 5. I am satisfied with my health habits. _____
 6. I am dedicated to continuing the enhancement of my health. _____
- Total Score: _____

Scoring

- 38 to 42 You have an exceptionally strong emotional connection to your health and are likely to be very open to making even greater changes.
- 33 to 37 You have a strong connection to your health and are willing to make some changes for health enhancement.
- 28 to 32 You have a moderate emotional connection to your health and might be willing to make a few changes for improving your health.
- 23 to 27 You are in the neutral range – you could go either way, abdicating personal responsibility or becoming more proactive regarding your health.
- 18 to 22 You have an opportunity to begin making an emotional connection to your well being. Take advantages of opportunities to work with your health coach and other wellness programming to assist this connection.
- 13 to 17 You have a major challenge ahead if you want to proactively contribute to the increased likelihood of living a long and healthy life. Open your mind and heart to healthy living.
- 7 to 12 What one step would you be willing to take to begin a journey that will lead you to better health enhancement? Your health coach can help you make some of the most important changes of your life.

Source: adapted from Canyon Ranch, use with permission