



Gretchen Robbins

HEALTH AND WELLNESS + CULINARY COACHING

BE HEALTHY. BE WELL. YOUR WAY.

## Client Intake

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Best Contact Phone Number \_\_\_\_\_

Email \_\_\_\_\_

I prefer to be contacted via (check one)  text  email  phone

Employer/position \_\_\_\_\_

Gender: \_\_\_\_\_

Relationship Status:  Married  Single  Divorced  In a Relationship

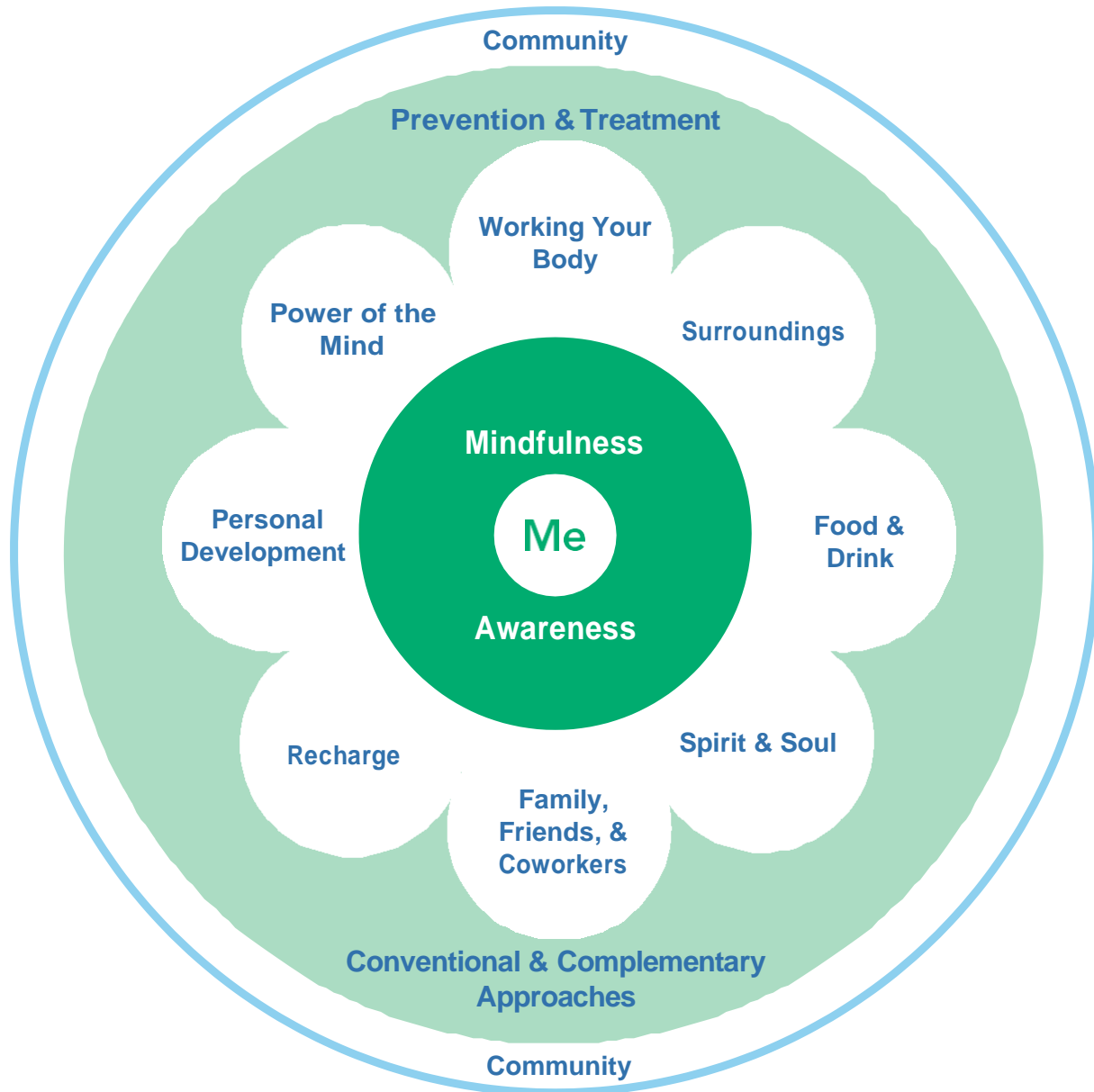
Number of Children and Ages: \_\_\_\_\_

Birthdate \_\_\_\_\_

# Personal Health Inventory

(Adapted from US Department of Veterans Affairs Office of Patient Centered Care and Cultural Transformation)

Use this circle to help you think about your whole health.



- All areas are important and connected.
- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your values and aspirations. Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices make up the green circle.
- The next ring is professional care (tests, medications, supplements, surgeries, examinations, treatments, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people and groups who make up your community.

# Where You Are and Where You Would Like to Be

For each area below, consider “Where you are” and “Where you want to be”. Write in a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. The goal is not to be perfect in all areas. You do not need to be a “5” in any of the areas now, nor even wish to be a “5” in the future.

AREA OF WHOLE HEALTH	Where I am Now (1-5)	Where I Want to Be (1-5)
<b>Working the Body:</b> “Energy and Flexibility” Moving and doing physical activities like wheeling, walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.	<input type="text"/>	<input type="text"/>
<b>Recharge:</b> “Sleep and Refresh” Getting enough rest, relaxation, and sleep.	<input type="text"/>	<input type="text"/>
<b>Food and Drink:</b> “Nourish and Fuel” Eating healthy, balanced meals with plenty of fruits and vegetables each day. Drinking enough water and limiting sodas, sweetened drinks, and alcohol.	<input type="text"/>	<input type="text"/>
<b>Personal Development:</b> “Personal life and Work life” Learning and growing. Developing abilities and talents. Balancing responsibilities where you live, volunteer, and work.	<input type="text"/>	<input type="text"/>
<b>Family, Friends, and Co-Workers:</b> “Relationships” Feeling listened to and connected to people you love and care about. The quality of your communication with family, friends and people you work with.	<input type="text"/>	<input type="text"/>
<b>Spirit and Soul:</b> “Growing and Connecting” Having a sense of purpose and meaning in your life. Feeling connected to something larger than yourself. Finding strength in difficult times.	<input type="text"/>	<input type="text"/>
<b>Surroundings:</b> “Physical and Emotional” Feeling safe. Having comfortable, healthy spaces where you work and live. The quality of the lighting, color, air, and water. Decreasing unpleasant clutter, noises, and smells.	<input type="text"/>	<input type="text"/>
<b>Power of the Mind:</b> “Relaxing and Healing” Tapping into the power of your mind to heal and cope. Using mind-body techniques like relaxation, breathing, or guided imagery.	<input type="text"/>	<input type="text"/>
<b>Professional Care:</b> “Prevention and Clinical Care” Staying up to date on prevention and understanding your health concerns, care options, treatment plan, and their role in your health.	<input type="text"/>	<input type="text"/>

## Reflections

Now that you have thought about what matters to you in all of these areas, what is your vision of your best possible self? What would your life look like? What kind of activities would you be doing? Are there any areas you would like to work on? Where might you start? \_\_\_\_\_