

### Pre-Detox Experience

Did you do pre-detox?

YES NO

☐ ☒

How many days?: \_\_\_\_\_

Have you participated in a cleansing/detox program before?

☒ ☐

When?: \_\_\_\_\_ Where?: \_\_\_\_\_

Have you done a detox at TheLifeCo?

☒ ☐

When?: 2016 Where?: Antaliam

Have you had a colon cleansing before?

☒ ☐

When?: \_\_\_\_\_ Where?: \_\_\_\_\_

### Habits & Routines

Do you consume caffeinated drinks like tea, coffee or coke?

YES NO

☒ ☐

How many a day?: 2

Do you consume alcohol?

☒ ☐

How often?: Rarely

Do you smoke? (Cigarette, cigar, pipe or hookah)

☐ ☒

How many a day?: \_\_\_\_\_

How much water do you drink a day?

How many glasses / liters?: 4 glasses or more

Any medication, supplements, herbs, homeopathic?

☐ ☐

Name/s: Concor, Lasix, Plavix, Aspirin

Do you exercise?:

☐ ☐

How many times per week?: Once a week

Do you travel?

☐ ☐

How many times per month?: Every few month

### Sleeping Patterns

Do you have problems falling asleep?

YES NO

☒ ☐

Do you have problems getting out of bed?

☒ ☐

How many hours do you sleep?

9 on and off

How do you feel when you wake up in the morning?

Sometimes energetic others tired

### Energy Levels 1-5 (1 being lowest and 5 highest)

During the morning: 3 Afternoon: 2 Evening: 4

### Emotional Health

Do you cope well with stress?

YES NO

☒ ☐

Do you get angry or worried very quickly?

☐ ☒

Have you ever been treated for depression?

☒ ☐

### Nutrition Patterns (Please check all that apply)

Animal Based ☒ Plant Based ☒ Ketogenic ☐ Carbs & Sweets ☒ Midnight Snacking ☐ Junk Food ☒

### Where did you first hear about The LifeCo?

From a Friend ☒ Press ☐ Advertisement ☐ Referral ☐ Other TheLifeCo Centers ☐  
Social Media (Instagram/FB) ☐ YouTube ☐ Newsletter ☐ Other ☐

### Nutrition / Detox Type:

Master Detox ☐ Green Juice Detox ☐ Green Salad Detox ☐ Low Calorie (1200Cal) ☐  
Ketogenic ☐ Water Fasting ☐ Get Fit ☐ Intermittent Fasting ☐

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Program Starting Date : / / 20

Program Ending Date: / / 20

Program Length : \_\_\_\_\_

Signature:

Date : / / 20

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