Health Consultation Form

DATE: _____ "***Helping People Rebuild From the Inside Out"***

Name _____ **Email** _____
Address_____
Phone Number (Home) _____ **(Work)** _____ **Age:**___ **Weight:**_____
Referred By _____
How often do you participate in physical activities?_____ **Height:**_____
What activities are you currently involved in? _____

What health and fitness benefits would you most like to accomplish?

- ❑ Sport specific training
- ❑ Gain weight
- ❑ Lose weight
- ❑ Increase flexibility
- ❑ Gain muscle
- ❑ Trim, firm and define
- ❑ Reduce health risks
- ❑ Maintain shape
- ❑ Reduce pain
- ❑ Increase energy
- ❑ Overcome chronic health issues
- ❑ Reduce tension and stress
- ❑ Increase strength
- ❑ Other _____

Do you suffer from any of the following in the present? Have you had any of these ailments in the past?

- ❑ Arthritis
- ❑ Osteoporosis
- ❑ Respiratory (Asthma, sinus, etc)
- ❑ Heart disease
- ❑ Depression
- ❑ High or low blood pressure
- ❑ Allergies
- ❑ Digestive problems
- ❑ Weight problems
- ❑ Diabetes
- ❑ Pain or stiffness in: ❑ Back ❑ Knees ❑ Neck ❑ Shoulders

Other health issues not on the list_____
_____ _____

List in order of priority which health and fitness goals you would most like to achieve.
Rate their importance on a scale of 1 –10.

Goal 1 _____ Rating _____ Time Frame _____
Goal 2 _____ Rating _____ Time Frame _____
Goal 3 _____ Rating_____ Time Frame _____

What can Vital Health do to help you reach your goals?

- ❑ Become healthier
- ❑ Weight-loss
- ❑ Post-rehab
- ❑ Other _____
- ❑ Motivation
- ❑ Organize workouts
- ❑ Nutritional counselling
- ❑ Advance plateaus
- ❑ Lifestyle modification
- ❑ Muscular development

What is your "WHY" for wanting to achieve these goals? _____
_____
Who are the people in your life that will give you support in this healthy lifestyle change? _____
_____
What additional support and motivation would you like to receive from me? _____
_____

If you could be guaranteed to achieve these specific results, how many sessions could you commit to each week or every two weeks? _____