Elena Bruno Rotolo Client Health History Form

All information is strictly confidential and for informational use only by Elena Bruno Rotolo to assess your wellness state.

Personal Information

Name:

Address:

Home Phone:

Work Phone:

Cell Phone:

Email:

Age:

Birthdate:

Height:

Current Weight:

Weight six months ago:

One year ago:

Would you like your weight to be different:

If so, what is your goal:

Social Information

Relationship status: (S/M/D/W)

Children:

Pets:

Occupation:

Hours of work per week:

Health Information

Please list your main health concerns:

Other concerns and/or goals:

At what point in your life did you feel best:

Any serious illness/ hospitalizations/injuries:

How is/was the health of your mother:

How is/was the health of your father:

What blood type are you:

Do you sleep well:

How many hours per night:

Do you wake up at night:

If yes, please explain:

Any pain, stiffness or swelling:

If so, what part of the body:

Constipation/Diarrhea/Gas:

Allergies or sensitivities:

Please list:

The following 8 questions are for WOMEN only:

-Are your periods regular:

-How many days is your flow:

-How frequent:

-Painful or symptomatic:

-Please explain:

-Reaching or Approaching Menopause:

-Birth control history:

-Do you experience yeast infections or urinary tract infections:

Please explain:

Medical Information

Do you take any supplements
or medications:

Please list:

Any healers, helpers, pets or therapies with which you are involved:

Please list:

Food Information

What foods did you eat most often as a child:

Breakfast Lunch

Dinner Snacks

Liquids

What foods do you eat most often now:

Breakfast Lunch

Dinner Snacks

Liquids

Will family and/or friends be supportive of your desire to make food and/or lifestyle changes:

Do you cook:

What percentage of your food is home cooked:

What percentage is not:

Where do you get the rest from:

Do you crave sugar, coffee, cigarettes, or have any major addictions:

The most important thing I should change about my diet to improve my health is:

Additional comments:

Anything else you would like to share: