

# HAPPY, HEALTHY + FIT PROFILE



## REVIEW – RESET – REPLENISH – REVIVE

Name:

City/State:

Age:

Phone Number:

Height:

Email Address:

Weight:

Goal Weight:

Best Time/Day to Reach you:

Put an 'X' over the goal body you want:



What do you do for a living? How many hours a week do you work?

On a scale of 1 to 10 (10 being the highest) how stressful is your professional life?

On a scale of 1 to 10 (10 being the highest) how stressful is your personal life?

Have you ever been hospitalized or had surgery? If YES, when and why?

Please list all known medical conditions you have:

ALLERGIES: Please list any medications or foods you are allergic to.

MEDICATIONS: Please list any medications you are currently taking regularly and as needed; Including over-the-counter medications.

Are you taking supplements? If so please list what kind, who manufactures it, and why you're taking it.

How many days a week you exercise? What do you do?

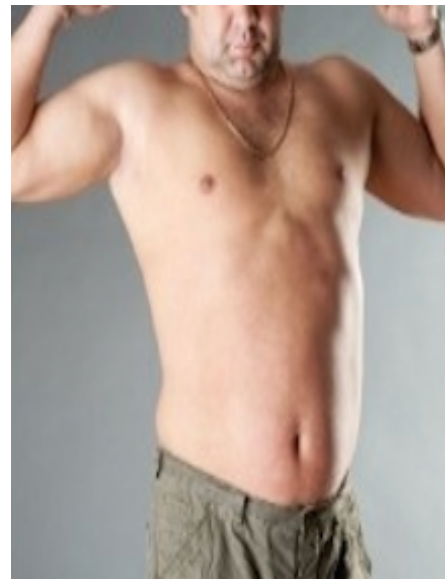
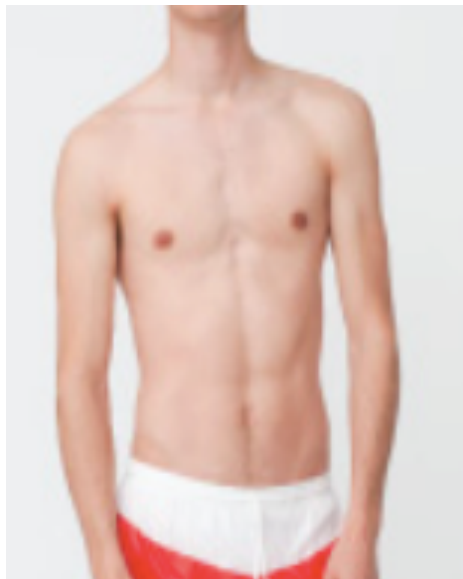
Cardio: (type/duration/times a week?)

Weight Training: (sets/reps/muscle groups/times a week?)

Is there anything else that is affecting your ability to be Happy, Healthy and Fit – that you need me to know?

# What Gene Pool Are you Swimming in?

Put an 'x' over the body and all of the traits you most relate to



Naturally Thin

Very fast metabolism

High energy levels

Constantly moving

Have small underdeveloped muscles

Doesn't gain weight from eating high fat, high carb foods

Has trouble gaining weight

Finds it difficult to gain muscle mass

Naturally low body fat

Can eat a lot of sugar and not gain weight

Doesn't have a curvy body. There isn't a difference between waist, hips and chest measurements similar

Athletic, muscular body

Gains and loses fat easily

Builds lean muscle quickly

Muscular without exercise

Carbohydrates do not affect weight

Has a medium to fast metabolism

Loses fat easily when dieting and or exercising

Notices definition from after weight training a few times

Visibly defined muscular arms and legs

Average to low body fat percentage naturally

Needs smaller sizes when exercising even though weight doesn't change or go down

Soft, Underdeveloped muscles

Gets 'bulky' from exercise

Gains weight quickly when eats sugar

Sugar and carbs cause noticeable fluctuations in cravings, hunger and mood

Loses weight with consistent cardio

Feels hungry within an hour of eating an apple

Loses weight on high protein diets

Finds it difficult to lose fat

Has a slow metabolism

Gains weight quickly once exercise or diet has stopped

Seems to hold onto excess fat even when eating less when compared to others

## How are you?

Please check all of the following that you can relate to:

- I drink coffee and energy drinks to wake up.
- I tend to carry fat in my tummy/thigh area.
- I feel stressed out. All. The. Time.
- I find it difficult to lose weight, even when I eat healthy...
- I feel bloated even when I'm not getting my period...
- I cry, having mini meltdowns over little things.
- I eat red meat and/or pork a few times a week.
- I break out on my face, chest, back and/or butt... and I hate it!
- I have problems getting (and staying!) motivated.
- I find it difficult to fall asleep and stay asleep...
- I feel pain in my joints and/or muscles.
- I crave sweet and/or salty things.
- I've tried lots of diets and can't lose weight.
- I eat corn: chips, tortillas, off the cob, etc.
- I feel anxious and overwhelmed more than 50% of the time...
- I take birth control (pills, IUD, or the shot)
- I feel tired every afternoon...
- I have hypothyroidism, diabetes or high triglycerides...
- I eat soy, including soy sauce, edamame, and tofu.
- I get an energy surge late in the afternoon and find it hard to fall asleep
- I drink at least 4 (16 oz.) bottles of water every day
- I take at least 1 prescribed medication every day or have recently.
- I eat when I'm emotional, stressed and/or bored.
- I feel depressed and/or anxious even if I take medication to treat it.
- I get 6+ hours of solid sleep every night.
- I can lose weight, but it always comes back.
- I do well on low/no carb diets like Adkins.
- My skin is dry... I have signs of premature aging
- I feel like my mood swings between happy and crazed, regularly.
- My muscles feel weak and soft.
- I have thin hair, eyebrows and/or eyelashes.
- I eat salty things like chips or hot sauce regular...
- I eat foods that come packaged in a box or bag.
- I feel deprived, angry and/or annoyed when I diet.
- I drink alcohol a few times a week.
- I have dandruff and/or dry, itchy skin.
- I get heartburn.
- I eat dairy products.
- I drink regular and/or diet soda.
- I have dry cracked skin on my hands and feet.
- I drink bottled or canned juices and drinks like Gatorade.
- When I go #2 it's either hard to get it out or it looks like marbles.