

MALE TEEN HEALTH HISTORY

Please write or print clearly. Your information will remain confidential between you and your Health Coach.

PERSONAL

First Name: _____

Last Name: _____

Age: _____ Height: _____ Date of Birth: _____ Place of Birth: _____

Email: _____ How often do you check your email? _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

Current Weight: _____ Weight Six Months Ago: _____ Weight One Year Ago: _____

Would you like your weight to be different? _____ If so, how? _____

Why did you sign up for a Health History? _____

SOCIAL

What is your relationship status? _____

Do you have any pets? _____ What grade are you in? _____

Do you enjoy school? Please explain: _____

Do you have a large or small group of friends? _____

GENERAL HEALTH

What are your main health concerns? _____

Any other concerns? _____

Any serious illnesses, hospitalizations, or injuries? _____

How is/was your mother's health? _____

How is/was your father's health? _____

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GENERAL HEALTH (continued)

What is your ancestry? _____

How is your sleep? _____ How many hours do you sleep per night? _____

Do you wake up during the night? If so, why? _____

Any constipation, diarrhea, or gas? _____

Any allergies or sensitivities? _____

MEDICAL

Are you concerned with body image? If so, please explain: _____

Do you take any supplements or medications? _____

Are you involved with any healers, helpers, or therapies? _____

What role do sports and exercise play in your life? _____

FOOD

What foods did you eat often as a child?

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>	<u>Liquids</u>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

What foods do you typically eat these days?

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>	<u>Liquids</u>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

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

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FOOD (continued)

What percentage of your food is home-cooked? _____ Do you enjoy the food? _____

Where does your non-home-cooked food come from? _____

Do you crave sugar, coffee, cigarettes, or drugs? Do you have any other major addictions? _____

What is the most important thing you should change about your diet to improve your health? _____

ADDITIONAL COMMENTS

Is there anything else you would like to share? _____