

Medical Weight Loss Program Intake Form

Patient Name: (Last) (First) (MI)

Patient Address: _____ City: _____ State: _____ Zip: _____

Phone Number: _____ Email: _____

Birthdate: _____ Age: _____ Sex: M F

Occupation: _____

In Case of Emergency:

Name: _____ Relationship: _____

Phone: _____

How did you hear about us? _____

Are you under the care of a qualified healthcare professional? Please list whom. *

As detailed in the Consent portion, it is highly recommended that you are under the care of a qualified healthcare professional, who has verified that it is safe for you to exercise and be on a weight loss program and is monitoring medications and any health concerns that you list here (besides your weight issues- that's what we're covering). If you are on medications (particularly for high blood pressure, heart issues, or diabetes), you will need these to be monitored during and after the program as your need for them may change. *

I acknowledge the above statement above. Sign: _____

Medical History

Please list any medical conditions a medical provider has diagnosed you with in the past (such as high blood pressure, diabetes, arthritis, etc...): *

What medications, supplements and over the counter items do you take regularly or are currently prescribed: *

Any past surgeries and hospitalizations? *

Please describe your family history in terms of heart disease, diabetes, obesity, high cholesterol, high blood pressure, and cancer:

Personal History

What are your main interests and hobbies?

What is your line of work or study?

Do you exercise regularly? Please detail.

What kind of other movement or activities do you enjoy?

You have problems falling or staying asleep?

How many hours do you sleep?

Do you wake up refreshed?

How is your energy?

Does your energy level affect your daily activities?

How would describe your mood, generally:

Does your mood affect your life or daily activities?

How would you describe your stress level?

What are your sources of stress?

How do you manage stress?

Do you have people close to you who support you?

Diet and lifestyle

Do you regularly drink alcoholic beverages?

If yes, how many per week?

Do you smoke tobacco?

Do you use recreational drugs?

How is your appetite?

Snack Habits:

What:

How much:

When:

Typical Breakfast:

What:

How much:

When:

Typical Lunch:

What:

How much:

When:

Typical Dinner:

What:

How much:

When:

How often do you eat out?

What restaurants do you frequent?

How often do you eat “fast foods”?

Food allergies?

Food dislikes?

Food cravings?

Do you eat because of emotions (explain)?

Do you drink coffee or tea? Yes No If Yes, how much daily?

Do you drink pop / soft drinks? If yes, how much?

Do you use sugar substitutes?

What are your worst food habits?

How much fluids do you normally drink? Please approximate in ounces.

Please list all types of beverages you regularly drink.

Please list any food allergies, intolerances, or foods you avoid and the reason.

What past struggles and difficulties have you experienced in terms of food and dieting?

What diet and exercise programs, protocols, plans or approaches have you tried in the past?

What types of diet and exercise approaches have worked for you in the past?

And what hasn't worked for you at all?

When did you first become overweight?

How did your weight gain start? Describe any circumstances:

What do you think is the cause of your weight problem?

What was your highest weight? (excluding pregnancy)

What was your lowest weight?

Have you ever stayed the same weight for 10 years or more?

How **MOTIVATED** are you to lose weight?

Is there anything else you would like to tell us?

Please list the factors you feel have contributed to your current weight (check all that apply):

Slow metabolism	☐
Family history of obesity	☐
Comfort food dependency	☐
Lack of exercise	☐
Binge eating	☐
Late night snacking	☐
History of trauma	☐
History of grief and loss	☐
Medication related weight gain	☐
Significant restrictive eating behaviors like anorexia	☐

Please answer the following questions to the best of your knowledge:

Health History *

	No, never	Yes, currently	Not currently, but within the last year	Not currently and longer than 1 year ago
Fatigue	☐	☐	☐	☐
Unexplained weight loss or gain	☐	☐	☐	☐
Change in appetite	☐	☐	☐	☐
Depressive symptoms	☐	☐	☐	☐
Anxiety	☐	☐	☐	☐
Mood swings	☐	☐	☐	☐
Nervousness	☐	☐	☐	☐

Addictive dependency	☐	☐	☐	☐
Disordered Eating Pattern/Tendency	☐	☐	☐	☐
Tension	☐	☐	☐	☐
Lack of mental focus	☐	☐	☐	☐
Thyroid problems	☐	☐	☐	☐
Diabetes	☐	☐	☐	☐
Blood sugar irregularities	☐	☐	☐	☐
Excessive thirst or hunger	☐	☐	☐	☐
Sugar cravings	☐	☐	☐	☐
Abnormal hair growth	☐	☐	☐	☐
Excessive perspiration	☐	☐	☐	☐
Feeling excessively hot or cold	☐	☐	☐	☐
Headache	☐	☐	☐	☐
Lightheadedness	☐	☐	☐	☐
Joint pain or stiffness	☐	☐	☐	☐
Muscle weakness or soreness	☐	☐	☐	☐
High blood pressure	☐	☐	☐	☐
Heart murmur/palpitations	☐	☐	☐	☐
Cold or pale extremities	☐	☐	☐	☐
Asthma	☐	☐	☐	☐
Short of breath	☐	☐	☐	☐
Heartburn	☐	☐	☐	☐

Abdominal discomfort after eating	☐	☐	☐	☐
Nausea	☐	☐	☐	☐
Abdominal bloating	☐	☐	☐	☐
Belching/gas	☐	☐	☐	☐
Constipation	☐	☐	☐	☐
Diarrhea	☐	☐	☐	☐
Daily bowel movements	☐	☐	☐	☐