**Wellness** **and/or Fat Loss Consult Pre-Conference Form**

Complete this form in an environment free from distractions. It’s a word document. Type responses, save, and return to Wayne Coolidge prior to your initial strategy consult. You may also write responses, scan, and email to: wayne@healthydynamicliving.com

Name: Date: Phone: Age: Sex: Height: Weight:

It’s important that you and I understand “why” you are seeking expert guidance to positively affect your health and wellness status. Real life “why” examples from clients include: to take back control of my life, become a great role model to my children, beat the Alzheimer’s that afflicted my mother and grandmother, meet and play with my great grandchildren, and play good golf well into my 80’s to name a few from my consulting past. It’s always more than what’s obvious. It reflects your passion for family, performing, or living.

Now, draft a “Why” mission statement. It Starts with – “I will work to improve my health and fitness status so that I will be able to…

On a scale of 1 – 10 (10 is extremely committed), how committed are you to do whatever is appropriate and necessary to fulfill your “why?” (1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10)

List, and briefly describe your most concerning health challenges, diagnosed and perceived.

What are your goals? List specific health related outcomes that you strongly desire.

List strategies attempted in the past to accomplish these outcomes. Briefly describe the results of your efforts.

List meds/supplements you are currently taking. Describe your nutritional supplement history.

List social, psychological, and/or physical limitations that present challenges to meeting your goals.

Is there anything else that I need to know about you?