

**Health Profile**

Dietary consultation involves a health profile whose purpose is not to establish a diagnosis, but rather to determine a client's health status in order to guide his or her weight-loss plan. A client may be advised to seek medical advice based on his or her health profile.

**General**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ Apt/Unit: # \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ E-mail: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Profession: \_\_\_\_\_

Whom may we thank for referring you? \_\_\_\_\_

Weight: \_\_\_\_\_ lbs. Weight 1 year ago: \_\_\_\_\_ lbs. Min. Adult Weight: \_\_\_\_\_ lbs at age \_\_\_\_\_

Maximum Weight: \_\_\_\_\_ lbs. at age \_\_\_\_\_ Height: \_\_\_\_\_

Do you exercise? Yes No

If yes, what kind? \_\_\_\_\_

How often? \_\_\_\_\_

Have you been on a diet before? Yes No

If yes, please specify which diet and why you think it didn't work for you (e.g. too rigid, too much cooking involved, etc.): \_\_\_\_\_

**On a scale of 1 to 10, indicate what level of importance you give to losing weight via Ideal Protein's professionally supervised weight loss method (10 being the most important): \_\_\_\_\_**

# Reformation BODY SOLUTIONS

## **Family Life:**

What is your marital status? M S D W Other Do you have children? Yes No  
Number of children: \_\_\_\_\_ Ages: \_\_\_\_\_

## **Medical Information:**

Please list any physicians you see and their specialty:

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## **Diabetes:**

Do you have diabetes? Yes No (if no, skip to next section)

If so, are you under the care of a physician? Yes No

If so, which type?

Type I – insulin dependent (insulin injections only)

Type II – non-insulin dependent (diabetic pills)

Type II – insulin dependent (diabetic pills and insulin)

Is your blood sugar level monitored? Yes No

If so, by whom? Myself Physician Other (specify):

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Are you taking any medication? Yes No

If so, please list:

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Do you tend to be hypoglycemic? Yes No

## **Cardiovascular Function:**

Have you had a cardiovascular event? Yes No (if no, skip to next section)

If so, please specify:

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How long ago?

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If so, are you under the care of a physician? Yes No

Are you taking any medication? Yes No

If so, please list:

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Do you have a history of arrhythmia? Yes No

Have you been diagnosed with Congestive Heart Failure (CHF)? Yes No

## **Hypertension:**

Do you have high blood pressure? Yes No (if no, skip to next section)

If so, do you have your blood pressure checked? Yes No

If so, are you under the care of a physician? Yes No

Are you taking any medication? Yes No

If so, please list:

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## **Kidney Function:**

Have you been diagnosed with kidney disease? Yes No

If so, are you under the care of a physician? Yes No

Are you taking any medication? Yes No

If so, please list:

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Have you ever had Kidney Stones? Yes No

Have you ever had Gout? Yes No

## **Liver Function:**

Do you have liver problems? Yes No (if no, skip to next section)

If so, please specify:

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If so, are you under the care of a physician? Yes No

Are you taking any medication? Yes No

If so, please list:

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## **Colon Function:**

Do you have: Irritable Bowel    Colitis    Diarrhea    Diverticulosis?  
Crohn's disease    Constipation

If so, are you under the care of a physician? Yes No

Are you taking any medication? Yes No

If so, please list:

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## **Stomach/Digestive Function:**

Do you have: Acid Reflux    Gastric Ulcer    Heartburn    Celiac Disease?

If so, are you under the care of a physician? Yes No

Are you taking any medication? Yes No

If so, please list:

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## **Ovarian/Breast Function:**

Check off the situations that apply to you currently:

Irregular Periods

Menopause

Fibrocystic Breasts

Painful Periods

Hysterectomy

Heavy periods

Amenorrhea

Uterine Fibroma

Cancer (uterus, breast)

If so, are you under the care of a physician? Yes No

Are you taking any medication? Yes No

If so, please list:

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Please indicate the date of your last menstrual cycle:

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## **Thyroid Function:**

Do you have thyroid problems? Yes No (if no, skip to next section)

If so, are you under the care of a physician? Yes No

Are you taking any medication? Yes No

If so, please list:

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## **Emotional Evaluation:**

Do any of the following apply to you? (if no, skip to next section)

Depression Anxiety Panic Attacks

Bulimia (or history of) Anorexia (or history of)

If so, are you under the care of a physician? Yes No

Are you taking any medication? Yes No

If so, please list:

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## **Inflammatory Conditions:**

Do any of the following apply to you? (if no, skip to next section)

Migraines Fibromyalgia Rheumatoid Arthritis Lupus

Osteoarthritis

Chronic Fatigue Syndrome Psoriasis

Other autoimmune or inflammatory condition:

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If so, are you under the care of a physician? Yes No

Are you taking any medication? Yes No

If so, please list:

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## **General:**

Do you have Parkinson's disease? Yes No

Do you have Cancer? Yes No

Are you in Cancer remission? Yes No

If so, please specify and indicate for how long: \_\_\_\_\_

If so, are you under the care of a physician? Yes No

Are you taking any medication? Yes No

If so, please list: \_\_\_\_\_

Are you generally fatigued or have low energy? Yes No

Are you pregnant?  Yes  No Are you breastfeeding? Yes No

Do you get cold easily?  Yes  No Do you have cold hands/feet? Yes No

Do you have other health problems? Yes No

If so, please specify: \_\_\_\_\_

If so, are you under the care of a physician? Yes No

Are you taking any other medications not listed above? Yes No

If so, please list: \_\_\_\_\_

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Are you currently taking Vitamins, Herbs or Supplements? Yes No

**Vitamin, Herb or Supplement Name Reason**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

**Allergies:**

Do you have any **food** allergies? Yes No

If so, please list:

Do you have any **medication** allergies? Yes No

If so, please list:

**Eating Habits:** (please be as honest as possible so that we may better help you)

**Breakfast**

Do you have **breakfast** every morning? Yes Sometimes Never

Approximate Time: \_\_\_\_\_

Examples: \_\_\_\_\_

Do you have a **snack** before lunch? Yes Sometimes Never

Approximate Time: \_\_\_\_\_

Examples: \_\_\_\_\_

**Lunch**

Do you have **lunch** every day? Yes Sometimes Never

Approximate Time: \_\_\_\_\_

Examples: \_\_\_\_\_

Do you have a **snack** before dinner? Yes Sometimes Never

Approximate Time: \_\_\_\_\_

Examples: \_\_\_\_\_

**Dinner**

Do you have **dinner** every day? Yes Sometimes Never

Approximate Time: \_\_\_\_\_

Examples: \_\_\_\_\_

Do you eat a **snack** at night? Yes Sometimes Never

Approximate Time: \_\_\_\_\_

Examples: \_\_\_\_\_

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## Other:

Do you prefer: Sweet foods Salty foods Fatty foods  
Are you a vegetarian? Yes No  
How many glasses of water do you drink per day? \_\_\_\_\_ glasses  
How many cups of coffee do you drink per day? \_\_\_\_\_ cups  
Do you smoke? Yes No  
If yes, how many packs per day? \_\_\_\_\_ for how many yrs? \_\_\_\_\_  
Do you drink alcohol? Yes No  
If yes, what, how much, and how often? \_\_\_\_\_

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## **CASH Scale: Compulsions or Cravings/Appetite/Satiety/Hunger**

*Score each item on a 0–10 numbering scale. Each feeling represents a different part of the brain and different neurotransmitters*

### **Compulsions/Cravings**

Feeling or urge to eat when not hungry. You are full. There is no food in sight. You get an urge to eat which cannot be repressed.

0 1 2 3 4 5 6 7 8 9 10  
Never occurs Constant

### **Appetite**

Feeling of hunger stimulated by sight, sounds, smells, or social cues. You recently ate and feel full. You walk into a room. There is food everywhere. It looks and smells good. Everyone is having fun. You:

0 1 2 3 4 5 6 7 8 9 10  
Never eat more Always eat more

### **Satiety**

A feeling of fullness acquired during eating. When you eat, you usually:

0 1 2 3 4 5 6 7 8 9 10  
Leave food on plate one plate only second's thirds

### **Hunger**

That feeling of a pain or ache in your stomach when really empty. This is a true pain or discomfort.

0 1 2 3 4 5 6 7 8 9 10  
Never hungry Constant hunger

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You must take vitamins and minerals while you are on the Ideal Protein Weight-Loss Method. If you stop taking them, you may experience undesirable side effects.

\_\_\_\_\_ (Client's initials)

If you have health problems not indicated on this health profile, please consult your physician.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

The signatory client hereby recognizes the veracity of the information provided herein and that he/she has made an informed decision to go on the Ideal Protein Weight Loss Method.