



**Health Profile**

Our 30/10 program is intended to help participants with their personal weight loss efforts. We are not a medical facility, and our staff cannot give you medical or psychological advice. You should consult with a physician before beginning any weight-loss program, but especially if you have any health conditions or are taking medication.

**General:** \_\_\_\_\_ Date: \_\_\_\_\_

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

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

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

Best Contact Phone Number: \_\_\_\_\_ **Email:** \_\_\_\_\_

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

**Whom may we thank for referring you:** \_\_\_\_\_

Weight: \_\_\_\_\_ lbs Height: \_\_\_\_\_ft \_\_\_\_\_ inches

**How much do you want to weigh?** \_\_\_\_\_

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 1-10, indicate what level of importance you give to losing weight (10 being the most important)? # \_\_\_\_\_

On a Scale of 1-10, what is the level of stress in your life (10=maximum stress)? # \_\_\_\_\_

Do you sleep well and wake up rested? Y / N

Have you been diagnosed with sleep apnea? Y / N

Do you have pain anywhere in your body? (If yes, please list problem area of pain): \_\_\_\_\_

**Family Life:**

Marital Status: M S D W

Number of children: \_\_\_\_\_ Ages: \_\_\_\_\_

**Medical Information:**

Please list any physicians you see and their specialty: \_\_\_\_\_

**1) Diabetes:**

Do you have Diabetes *(if no, skip to next section)*

Yes  No

If so, are you under the care of a physician?

Yes  No

What type of Diabetes do you have:

a. Type I-insulin dependent (insulin injections only)

Yes  N

b. Type II-non-insulin dependent (diabetic pills)

Yes

c. Type II-insulin dependent (diabetic pills & insulin)

Yes  C

Is your blood sugar level monitored?

Yes  No

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

Do you tend to be hypoglycemic?

Yes  No

**2) Cardiovascular Function (Heart and Vascular Conditions):**

Are you currently taking medication for high blood pressure  Yes  No

Has your doctor restricted your salt intake?  Yes  No

Are you taking cholesterol medication?  Yes  No

Have you had any of the following cardiovascular conditions?  NONE

a.  Blood Clot  N-L

b.  Pulmonary Embolism  N-L

c.  Stroke or TIA  N-L

d.  Coronary Artery Disease  N-L

e.  Heart Valve Problem  N-L

f.  Heart Valve Replacement  N-L  
(porcine/mechanical)

g.  Arrhythmia/ A-fib  L

h. Heart Attack

i.  In the last 6 months?  N

ii.  More than 6 months ago?  L

i. Congestive Heart Failure

i.  History of Congestive Heart Failure  L

ii.  Current Congestive Heart Failure  N

j. Do you have a pacemaker?  Yes  C-L

**2) Cardiovascular Function (Heart and Vascular Conditions) (Con't):**

Have you ever had ANY type of heart surgery?  Yes  No

If so, which type? \_\_\_\_\_

Other conditions: \_\_\_\_\_

If you have answered yes to any of these conditions, please give dates of occurrence: \_\_\_\_\_

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**3) Kidney Function:**

a. Have you been diagnosed with kidney disease?  Yes C-L  No

b. Have you ever had kidney transplant?  Yes L  No

Are you taking any medication for this condition?  Yes  No

Please list and medication you are taking for these conditions: \_\_\_\_\_

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c. Have you ever had Kidney Stones?  Yes C  No

d. Have you ever had Gout?  Yes C  No

**4) Liver Function:**

a. Do you have liver problems?  Yes C-L  No

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

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**5) Colon Function:**

Do you have:  NONE

a.  Irritable Bowel Syndrome

d.  Ulcerative Colitis C

b.  Diverticulitis

e.  Crohn's Disease C

c.  Constipation

f.  Diarrhea

If yes to any of these conditions, please give dates of events: \_\_\_\_\_

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**6) Stomach/Digestive Function:**

Do you have any of the following conditions?  NONE

a.  Acid Reflux

c.  Gastric Ulcer C-L

b.  Heartburn

d.  History of Bariatric Surgery C-L

If so, what type of Bariatric Surgery:  
\_\_\_\_\_

**7) Ovarian/ Breast Function:**

Check off the conditions that apply to you currently:

NONE

- a.  Irregular Periods
- b.  Fibrocystic Breasts
- c.  Hysterectomy
- d.  Amenorrhea
- e.  Menopause

- f.  Painful Periods
- g.  Heavy Periods
- h.  Uterine Fibroma
- i.  Cancer (Uterus, Breast) L  
Date: \_\_\_\_\_

- 1. Are you pregnant?  Yes N  No
- 2. Are you breastfeeding?  Yes N  No

**8) Endocrine/Glandular Function:**

NONE

- a. Do you have thyroid problems?  Yes  No
- b. Do you have parathyroid problems?  Yes  No
- c. Do you have adrenal gland problems?  Yes  No

**9) Neurological/Emotional Evaluation:**

NON

Do any of the following apply to you?

- a.  Panic Attacks
- b.  Anxiety
- c.  Depression
- d.  Schizophrenia
- e.  Anorexia (history of) C
- f.  Bulimia (history of) C
- g.  Bipolar Disorder N-L
- h.  Epilepsy C-L
- i.  Alzheimer's Disease N
- j.  Parkinson's Disease N

Please list any medications you are taking for these conditions: \_\_\_\_\_

**10) Inflammatory Conditions:**

NONE

Do any of the following apply to you?

- a.  Migraines
- b.  Psoriasis
- c.  Fibromyalgia
- d.  Rheumatoid Arthritis
- e.  Osteoarthritis
- f.  Lupus
- g.  Chronic Fatigue Syndrome
- h.  Multiple Sclerosis
- i.  Other Autoimmune/Inflammatory Condition: \_\_\_\_\_

**11) Cancer:**

NONE

- a. Do you have active cancer?  Yes N-L  No  
If so what type and where is it located? \_\_\_\_\_
- b. Has your cancer been in remission for less than 5 years?  Yes L  No  
If so what type and where is it located? \_\_\_\_\_
- c. Has your cancer been in remission for more than 5 years?  Yes  No  
If so, please specify & indicate how long: \_\_\_\_\_

**12) General:**

Do you have any other health problems?  Yes  No

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

Do you take any other medications?  Yes  No

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

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

	<u>Vitamin, Herb or Supplement Name</u>	<u>Reason</u>
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____

Are you a vegetarian?  Yes  No

Do you adhere to a strict vegan lifestyle? Yes  No

**13) Allergies:**

NONE

Are you gluten intolerant?  Yes  No

Do you have Celiac's Disease?  Yes  No

Are you allergic to Peanuts  Yes  No

Soy  Yes  No

Dairy  Yes  No

Do you have any *Food* 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 of foods: \_\_\_\_\_

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

Approx. Time: \_\_\_\_\_

Examples of foods: \_\_\_\_\_

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**Lunch**

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

Approx. Time: \_\_\_\_\_

Examples of foods: \_\_\_\_\_

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Do you have a **snack** between lunch and dinner?     Yes     Sometimes     Never

Approx. Time: \_\_\_\_\_

Examples of foods: \_\_\_\_\_

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**Dinner**

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

Approx. Time: \_\_\_\_\_

Examples of foods: \_\_\_\_\_

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

Approx. Time: \_\_\_\_\_

Examples of foods: \_\_\_\_\_

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**Other:**

Do you prefer:     Sweet Foods       Salty Foods     Fatty Foods

How many glasses of water do you drink per day? \_\_\_\_\_ glasses

How many 8 oz cups of coffee do you drink per day? \_\_\_\_\_ cups

Do you drink soda?     Diet     Reg     None

Do you drink alcohol?       Y     N      If so, what and how often: \_\_\_\_\_

## 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 Seconds 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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*This office is a licensed distributor of 30/10 Weight Loss for Life*

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

The signatory client hereby recognizes the accuracy of the information provided herein.

## Informed Consent for 30/10 Weight Loss Program

The 30/10 WLFL solution is designed to help you to lose weight. You will be eliminating junk foods and sugars in your current diet and replacing them with foods and products your body can more effectively utilize. You will be encouraged to prepare a dinner meal for yourself consisting of an animal protein of your choice (beef, chicken, pork, fish...) and two or more cups of vegetables for both dinner and lunch. We will be providing you with food products to support a healthy protein intake for your breakfast, lunch and mid-day snack.

Your payment for 30/10 services is based upon the number of weeks on the program you sign up for, not upon the number of pounds you have to lose.

Weight loss requires a healthy diet and fitness program. There is no guarantee this program will work for you because your success depends upon a variety of factors, including your commitment to the program. If you deviate from the program you may not realize your desired results.

The 30/10 Weight Loss Solution is about working toward weight loss for life, not just a short term weight loss goal.

You are encouraged to call the office any time during office hours with any questions or support you may need. We are here to help you and we want you to succeed.

The 30/10 program is intended to help participants with their personal weight loss efforts. We are not a medical clinic and our staff cannot give you medical advice or diagnosis. Nothing in our program should be construed as medical or psychological advice or diagnosis. The information provided by 30/10 is not a substitute for physician consultation, evaluation or treatment.

As you lose the weight you should contact your family doctor to check on your health. You should never take yourself off any medications; you must always consult with your family doctor regarding reducing or stopping medications.

I have been informed as to the 30/10 protocol and I am prepared to engage the process.

***This office is a licensed distributor of 30/10 Weight Loss for Life***

NAME \_\_\_\_\_ DATE \_\_\_\_\_

*If under the age of 18, client will need parental consent.*

Parent/Guardian Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_