

# Lifestyle Assessment Questionnaire

## (Basic Form)

\*\*\*Please circle all that apply when there is a multiple choice question\*\*\*

**Website:** [Healthy Christian Living - Living by the Blueprint](#)

I do not charge for this assessment, but donations are accepted as this takes time and work to do this for you. If you cannot afford to donate that is not a problem, but if you can please ask me how.

**Please Note:** Due to the laws of the land, we are required to tell you that the health information received during this consultation is for general education and is not intended to be specific medical advice. No medical care, diagnosis, or treatment is provided during this consultation. It is advisable to consult with ones personal health care provider before implementing any lifestyle changes.

I release all Lifestyle counselors or associated organizations from any and all liability. Participation in this consultation indicates acceptance of these terms.

### HEALTH QUESTIONS:

1. Do you currently use tobacco in any form (smoke or chew)? YES or NO  
How many cigs or cigars per day?  
If No, have you ever smoked or chewed tobacco in the past? YES or NO  
If so, how long ago did you quit?
2. Do you currently drink alcohol in any form (wine, beer, liquor)?  
**Please list how often:**  
If No, have you ever drunk in the past? YES or NO If so, how long ago did you quit?
3. Do you drink coffee, tea, or any caffeinated beverages (soda, diet soda, energy drinks, etc.)? YES or NO  
How many cups OR cans each day?
4. Do you eat flesh in any form? (beef, pork, lamb, chicken, turkey, deer, fish, seafood, etc.) YES or NO  
How many times a day? How many ounces each meal?
5. Do you eat any animal products such as eggs, milk, butter, cheese, yogurt, cream, etc.? YES or NO  
When was the last time you ate any of these? How often?
6. How many times do you eat a day on average?  
What time do you eat Breakfast: Lunch: Dinner:  
Do you snack in between meals? YES or NO
7. How many pieces of fruit have you eaten today? Yesterday?
8. How many cooked green vegetables (peas and corn are not vegetables) did you eat yesterday?  
Are you eating them raw or cooked?
9. How many days a week do you exercise at least 30 minutes INDOORS? \_\_\_\_ days

How many days a week do you exercise at least 30 minutes OUTDOORS? \_\_\_\_ days

What type of exercise (walking, running, jogging, weights, other equipment)

On average, what time of day do you exercise? \_\_\_\_\_ am/pm

**10.** How much water did you drink in ounces yesterday?      Today?

Do you SIP or GULP?

Do you drink SOFT or HARD water?

**11.** How much direct sunlight did you get yesterday?      Today?

What time of day did you get it?      am or pm

**12.** Do you do deep breathing exercises every day? YES or NO

Do you sleep with your windows opened every night? YES or NO

**13.** What time do you wake up on average? am or pm

What time do you go to bed on average? am or pm

**14.** Do you use CRYSTAL LIGHT, SOY SAUCE, or any SUGAR SUBSTITUTE? YES or NO

**15.** How much do you weigh? \_\_\_\_ lbs.      How tall? \_\_\_\_\_

How much water did you drink in ounces yesterday \_\_\_\_ today \_\_\_\_?

Do you SIP or GULP? \_\_\_\_\_ Do you drink SOFT or HARD water? \_\_\_\_\_

**16.** What kind of salt to you use/cook with? Table Salt, White Sea Salt, Himalayan Sea Salt

**NAME:**

**EMAIL ADDRESS:**

**CONTACT NUMBER:**

**TODAY'S DATE:**

**MEDICAL CONDITION(s):**

**MEDICATIONS and/or SUPPLEMENTS/HERBS:**