



## Getting To Know You Survey for Functional Nutrition Counseling

1. What is your name (please include first and last names)?
2. What email address may I use to contact you?
3. How did you find Pernell Wellness or who referred you?
4. What are your main goals for seeking nutrition counseling with Pernell Wellness? (Select all that apply)
  - Support with a specific health condition (ie: Crohns, Rheumatoid Arthritis, gas)
  - Lose some weight, increase energy or just a general sense of I am not feeling as good as I could
  - I have been chronically ill for a long time and no one has been able to help me feel better
  - I was referred by another practitioner (please let us know who in the space below)
  - Other (please specify)
5. Do you have any known health or medical conditions or diagnosis that I should know about in helping you to find the best care? If yes, please explain.
  
6. What have you tried so far to address your goal? (Diets, testing, modalities, etc.)
  - Not much, just getting started
  - I've tried a few things, but I am overwhelmed by the information out there
  - I've been to more than 3 practitioners trying to figure this out, and understanding or relief is still a mystery
  - Other (please specify)
7. Which of the following items are currently in your diet in any amount: (select all that apply)
  - Soda
  - Diet soda
  - Refined sugar
  - Alcohol

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- Fast food
- Snack foods (chips, pretzels, etc.)
- Dessert/candy (chocolate, cookies, candies, Twinkies, etc.)
- Gluten (wheat, rye, barley)
- Dairy (milk, cheese, yogurt)
- Coffee

8. What percentage of your meals are currently home cooked?

- Less than 25%
- 25-50%
- 50-70%
- 70-100%

9. Please let me know anything else about you, your goals for nutrition counseling with Pernell Wellness or your health aspirations.

10. I am committed to working with individuals who are dedicated to their health and ready to receive support on their individualized journey to health and healing. I can help you to uncover and unlock the evolving protocol that will deliver the results you've been seeking. In two or three sentences, tell me something about yourself and/or your health history that will help me get to know you before we take any further steps to dig more deeply into the details of your concerns.

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