



Confidential Client History

Please return this form by email at eliza@elizakerr.com
or print and mail to me at PO Box 134, El Portal CA 95318

To schedule an appointment, please fill out the information below.

Contact Information

Date Referred By

First name Last name

Cell Phone Home Phone

Address

Email address

Birth date Age

Marital Status Children

Occupation Weight / Height

Why did you choose to come see me?

Past Medical History

Please list major hospitalization, injuries, surgeries and illnesses:

Year	Procedure/Injury	Outcome
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<input type="text"/>		
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Year	Procedure/Injury	Outcome
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<input type="text"/>		
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Year	Procedure/Injury	Outcome
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<input type="text"/>		
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Please list current medications

Please list current supplements

What doctors have you seen in the past year and for what reason?

What is the date of your last physical exam and with whom?

Family History

Do you have a family history of cancer, heart disease, stroke, high blood pressure, diabetes or any other diseases?

If your parents or siblings have passed away, what was the cause of death and at what age did it occur?

Current Health History

What are your current health concerns? For how long? Please list in order of severity. We will explore these in depth when we meet in person.

Do you have any allergies?

Cups of coffee per day?

Decaf?

Other caffeinated bevies?

Smoke?

From 1-10 what level of stress are you currently experiencing?

How many glasses of alcohol do you drink per week?

Do you have any current or past problem with substance abuse?

Describe your exercise routine, if you have one:

Do you have any habits you are attached to?

Daily Routines

Please describe your activities from the time you wake up until you go to sleep. Include sleep, meals, exercise, work and other activities.

4am

5am

6am

7am

8am

9am

10am

11am

Noon

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

11pm

Midnight

1am

2am

3am

Describe breakfast items

Describe lunch items

Describe dinner items

Describe snacks:

Describe fluids and quantity:

Describe weekend routines:

Is there anything else you would like to mention?

Thank you for taking the time to complete this so that I may be better prepared to meet with you. -Eliza