

## MY STORY

Hi there! I'm so excited to start this journey with you. Before we dive in, please take a few moments to fill out this Health History Form. It's super important because it helps me understand your unique health and wellness needs.

The more you share—whether it's your health and wellness goals, personal or family health history, or mental and emotional health information—the better I can tailor our work together to fit YOU.

I truly can't wait to get to know you better and start creating a plan that will set you up for success. Let's do this!

*Valentina*

## PERSONAL INFORMATION

Full Name:

Date of Birth:

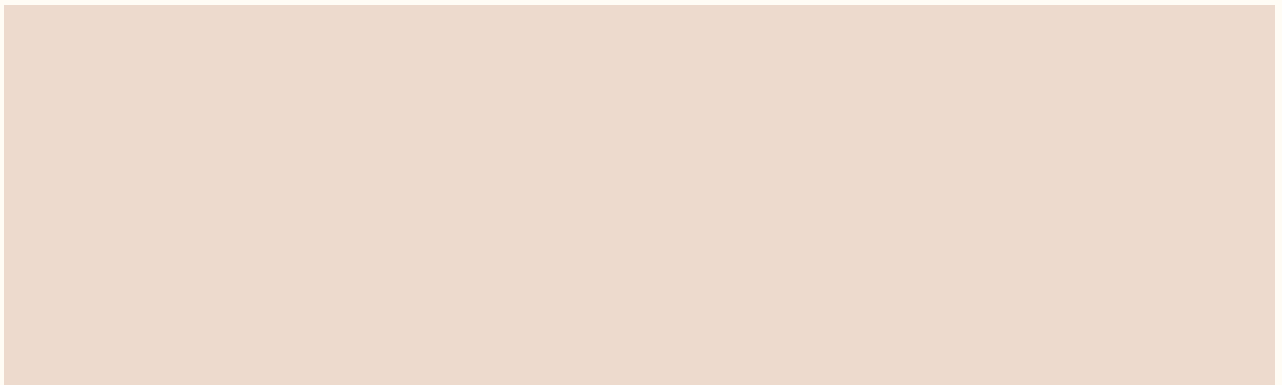
Occupation:

Email:

Phone (optional)

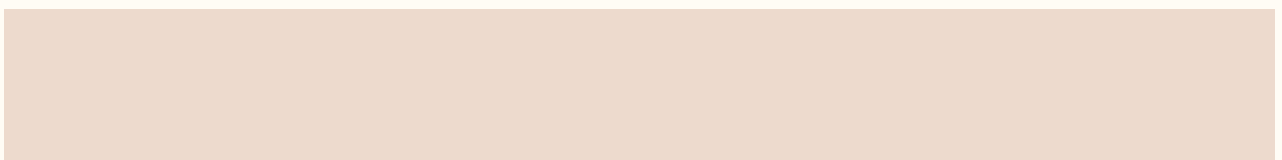
## HEALTH AND WELLNESS GOALS

What are your health and wellness goals? Why are they important to you?



## GENERAL INFORMATION

Is there anything you would like to share about your current health condition? (diagnosis, issues...)



## PHYSICAL HEALTH INFORMATION

Current height:

Current weight:

## SLEEP

How many hours do you sleep per night on average?

How would you describe your quality of sleep?

How is your energy level most days?

1                  2                  3                  4                  5

Very Low

Very High

## LIFESTYLE

Would you like to share any relevant information about your current diet and nutrition habits?

What role does movement, including sports, exercise, and physical activity, play in your life?

Is there anything else you'd like to share?

What does a typical day of eating look like for you? List a few foods/meals and drinks you usually consume in the corresponding categories:

#### BREAKFAST

#### LUNCH

#### DINNER

#### SNACKS

What, if anything, would you like to change about your nutrition?

#### RELATIONSHIPS

What are the important relationships in your life?

Is there anything you'd like to share about your social life?  
If so, please explain:

### *Disclaimer*

The information provided in this form, including name, surname, phone number, health history, and eating habits, will be processed in compliance with applicable data protection laws (EU Regulation 2016/679 - GDPR). The data collected will be used exclusively for purposes related to the coaching and wellness program. Your information will be securely stored and will not be shared with third parties without your explicit consent, unless required by law. At any time, you have the right to access, correct, delete, or restrict the processing of your data, as well as to withdraw your consent by directly contacting Valentina.