

Yoga Therapy Health History and Intake Form

1 response

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Contact Information

Today's Date

1 response

Aug 2025

9

Name:

1 response

[REDACTED]

Email:

1 response

[REDACTED]

Phone number:

1 response

[REDACTED]

Date of Birth:

1 response

Apr 1977

1

Emergency Contact Information:



Name:

1 response

[REDACTED]

Phone number:

1 response

[REDACTED]

Email

1 response

[REDACTED]

Relationship to you:

1 response

[REDACTED]

Goal(s) and Yoga experience

Describe your primary reason(s) for seeking yoga therapy.

1 response

increase flexibility, help with body aches. More mental calm & clarity and improved mind-body connection.

What are your goal(s) for our time together?

1 response

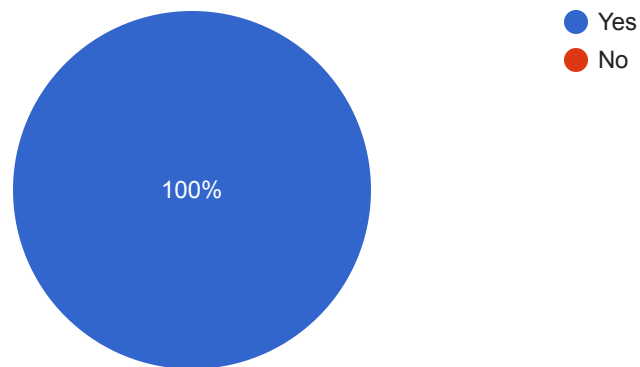
To improve my mindfulness and have a routine to keep my lower back healthy as I ease out of going to physical therapy for it.



Are you familiar with yoga?

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1 response

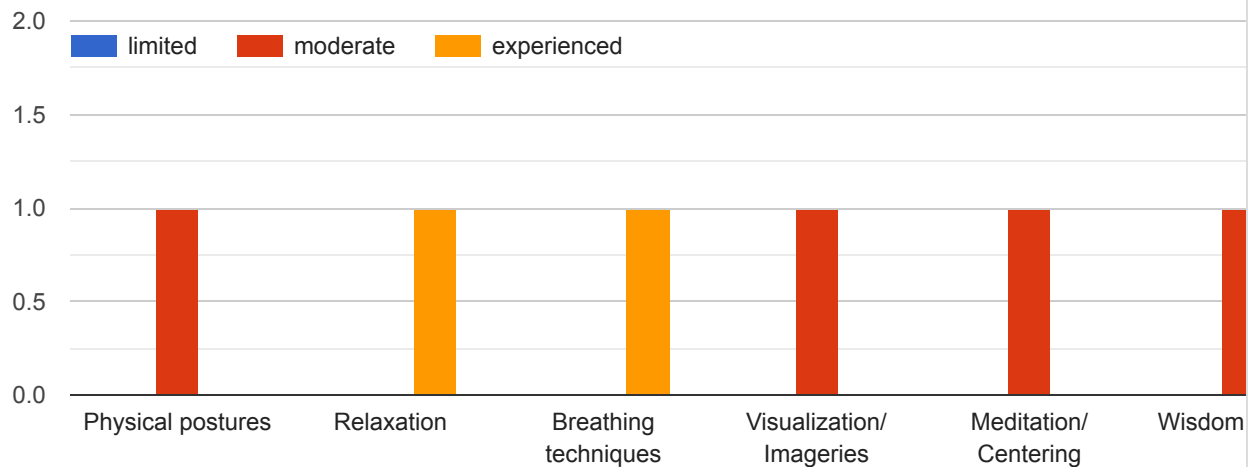


If you answered yes to the above question, please describe your experience with yoga.

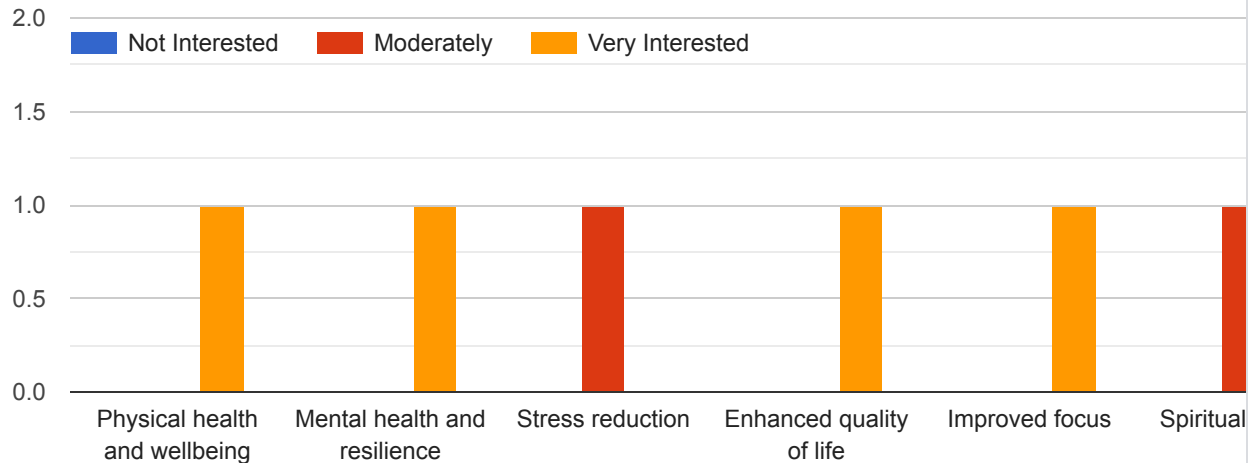
1 response

I've been doing yoga on and off since 2001. My skill is lower-intermediate. I can't do balance poses w/o touching a wall.

What is your experience with the following yoga practices?

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How interested are you in Yoga practices to support the following goals

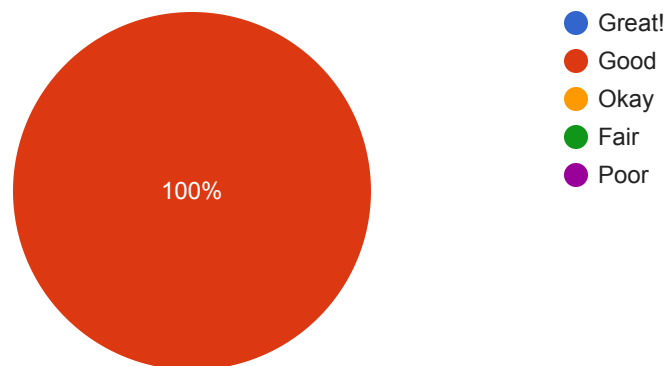
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Physical health

How would you describe your general health?

 Copy

1 response



Do you have any specific diagnosed condition(s) from a health care practitioner? If yes, please describe your diagnosed condition(s).

1 response

I have mild scoliosis in my back and arthritis in 3 of my lumbar spine. My back bothers me on an almost daily basis. My IT bands are always tight and the pain is usually at least a 3 out of 10 every day. Also the soreness / stiffness tends to be on the right side around my kidney and hip. My back gets worse with sitting and better with exercise.

I also have stomach pain which has been misdiagnosed as GERD in the past. I'm currently seeing a specialist and it's more of a gut biome bacteria imbalance thing.

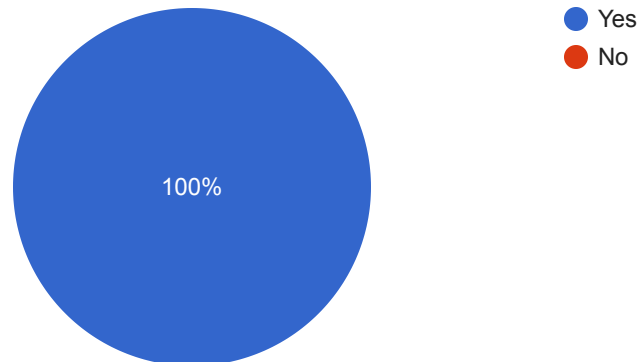
My stomach and back hurt more with stress and my sedentary desk job makes it worse. I'm hoping yoga and meditation will help.



Are you currently under the care of a doctor or other healthcare provider for the above diagnosed condition?



1 response



How long have you had the above diagnosed condition(s)?

1 response

back: 6 years stomach: 28 years.

Do you have any limitations due to the diagnosed condition(s)? Please describe.

1 response

lifting over 30 pounds. Driving for more than 2 hours.

Do you have any contraindications due to the diagnosed condition(s). Please describe.

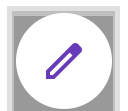
0 responses

No responses yet for this question.

What life challenges are you currently facing?

1 response

My back pain makes road trips and long flights difficult. I have to stretch and exercise every day just to keep pain below a 4 to 5 out of 10. It's hard to find a balance between prioritizing my health versus working 8 hour days, driving my kids around, and social activities that involve sitting.



Please list the prescription or non-prescription drugs you are taking and describe what they are for.

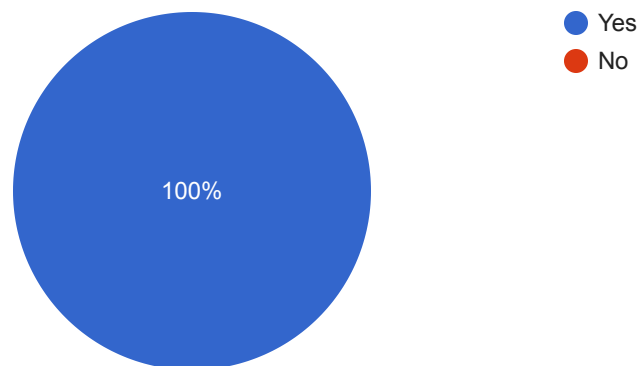
1 response

amitriptyline: daily at bedtime for stress management
 pepcid: daily in morning for stomach pain
 diclofenac: daily, antiinflammatory for back pain
 nurtec: as needed for migraines. Usually once a month
 lorazepam: as needed for anxiety. haven't needed it lately
 Align probiotic
 5HTP

Are you able to easily get up and down from the floor

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1 response



Do you have physical pain? If yes, please list the places you experience pain and feel free to elaborate on them.

1 response

stomach, back.

Do you have a regular exercise program? Please describe:

1 response

Yes. I exercise about an hour nearly every day. I do road and mountain biking. Occasionally swim. Usually light weightlifting 3 times a week.



How would you describe your diet and digestion?

1 response

I eat a balanced diet. I have a high metabolism and eat a lot. Am not overweight. I have issues in my gut and am gassier than average.

Energy and Breath

How would you describe your overall energy level? Does it fluctuate or stay consistent?

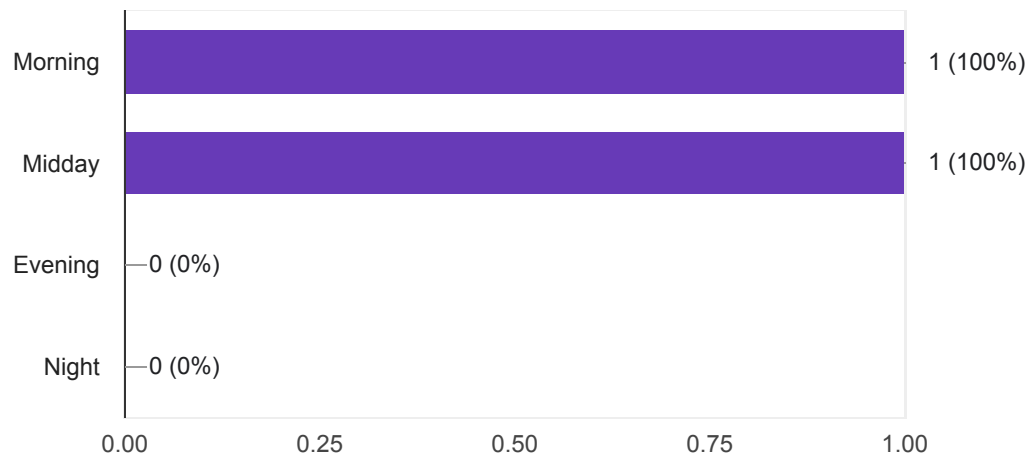
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I'm high-energy. I need positive energy to thrive. If I eat super-unhealthy or don't get enough sleep then my energy is poor and I can't do things well.

What time of day do you have the most energy?

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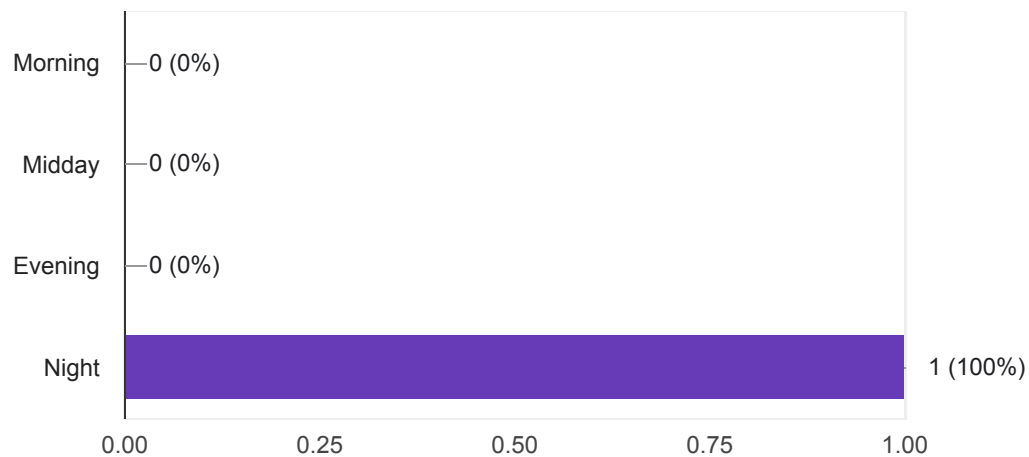
1 response



What time of day do you have the least energy?



1 response



Describe your rest/sleep patterns?

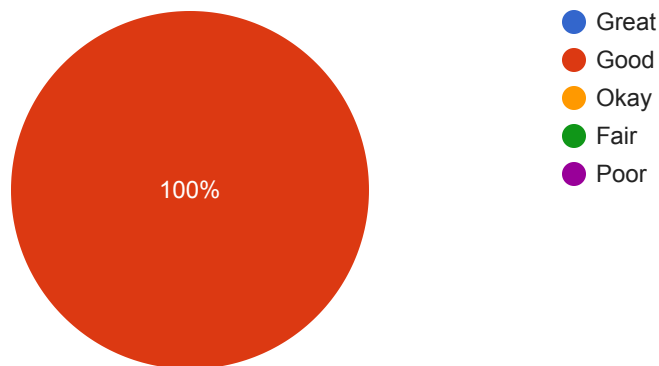
1 response

I start getting tired at 9pm. Usually sleep 11pm-7am. I need 8 hrs a night to be healthy.

How would you describe the quality of your sleep?



1 response



If you experience fatigue, please describe its impact, frequency, and what you do to manage it.

1 response

If I don't exercise for a few days or can't sleep well because of stomach and backpain then I get fatigued. If I'm not able to sleep regularly I take lorazepam but then I'm moving slower the next day.



How would you describe your breathing?

1 response

good

Do you have any breathing challenges? If yes, please feel free to describe your breathing challenges.

1 response

no

Mental health

Please list any current mental health diagnoses and treatment.

1 response

Inattentive ADHD, anxiety. I have been taking Qelbree for ADHD, it help me stay calm and focus. I'm currently ramping off of it as an experiment to see if I can manage my symptoms through rest, meditation and exercise.

Please explain any relevant mental health history you think I should know.

1 response

My anxiety was worse because of work and raising children. I quit my job and am starting a new one that I hope to be lower stress. My children are growing up and caring for them is easier now.

If you did not include prescription or non-prescription drugs you are taking for mental health, please list and describe what they are for.

1 response

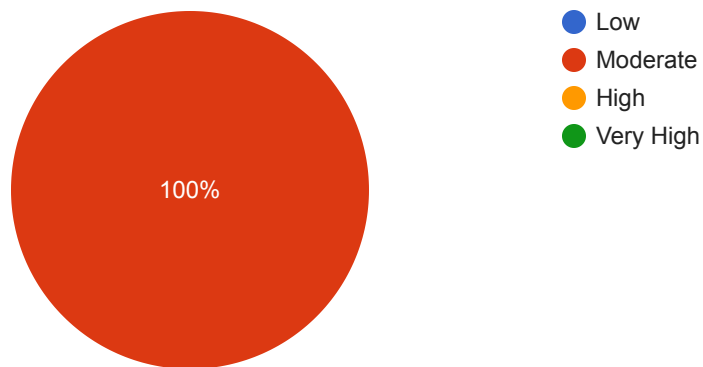
I didn't include Qelbree b/c I'm stopping it now. If I keep a proper mind-body connection I think I can improve my inattentive ADHD by taking care of myself and keeping natural energy levels high.



How would you rate your stress level?

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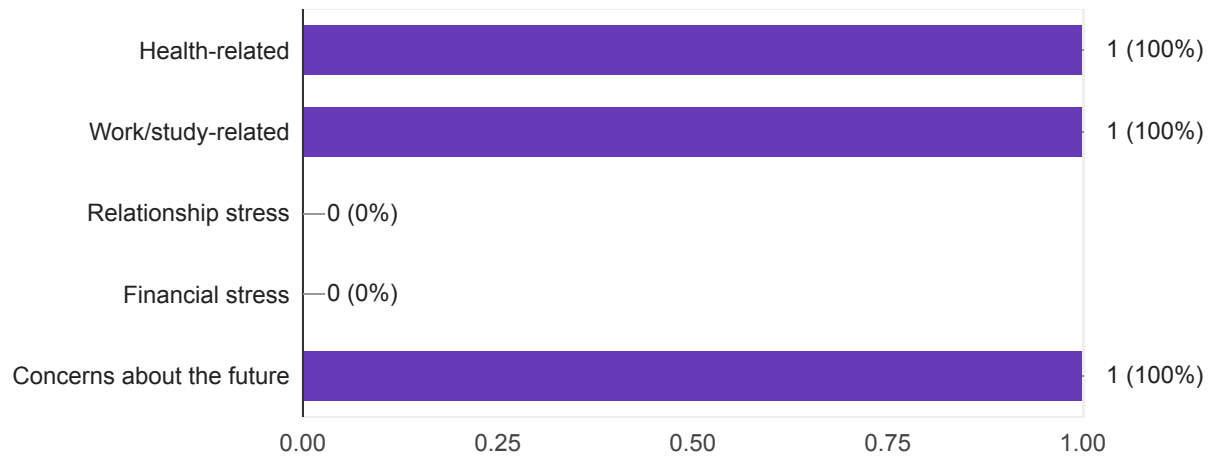
1 response



Please describe the current sources of stress in your life

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1 response



Where do you typically hold tension or discomfort in your body?

1 response

lower back, stomach

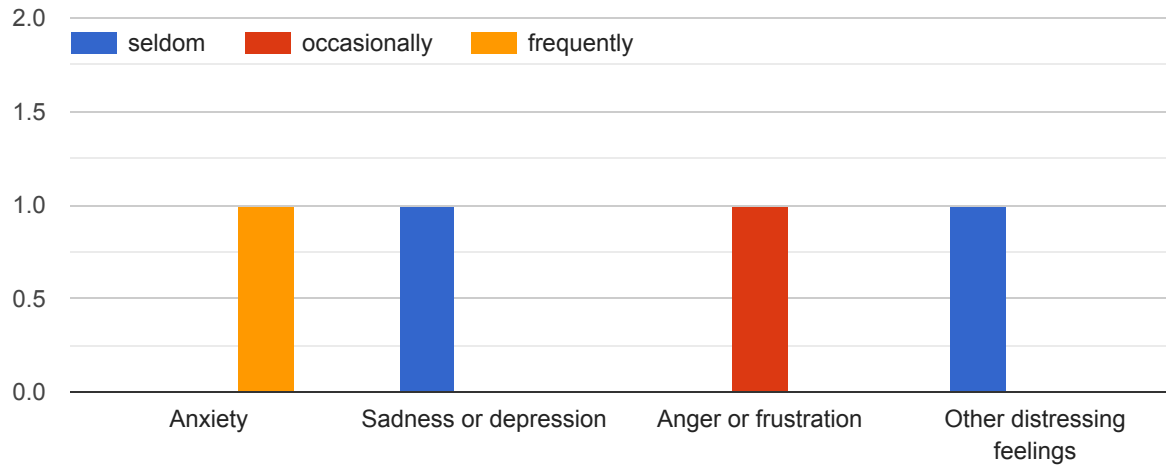
Please describe your practices and coping mechanisms for handling stress.

1 response

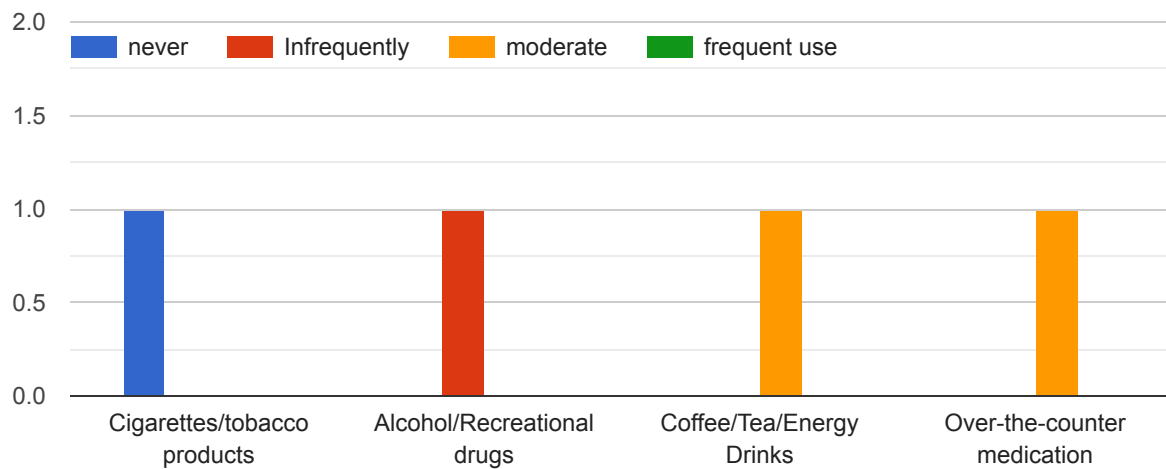
exercise, walks, video game breaks



How often do you experience

 Copy

On a scale of 1 to 4 how often do you use the following

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Wisdom and Intellect

What are the major sources of intellectual stimulation and engagement in your life now?

1 response

playing complex board games. Reading books. Talking to smart friends. Playing strategy video games.



What are you in the process of learning and/or teaching others?

1 response

Teaching my kids financial responsibility, how to fix things, how to drive. At work I was teaching people how to do complex stuff but I recently quit.

What would you like to learn and/or teach.

1 response

mindfulness.

Connection and Meaning/Purpose

Are you active in a faith community or maintain any regular spiritual practices? If yes, please feel free to share your spiritual practices.

1 response

Not at the moment. I've practiced Catholicism on and off and studied Buddhism via reading.

What connection is important for your life and health (nature, family, pets, volunteering, etc.)?

1 response

family, friends, exercise outdoors, occasional volunteering

Do you feel connected in meaningful way? Please describe.

1 response

Yes. I feel connected to the world when I take care of my garden and pond or when I go for a bike ride outdoors. I feel connected to my support network when I spend time with friends.

What aspects of your life give you the most joy and meaning?

1 response

spending time playing games & talking with family. Participating in hobbies with friends.



What, if anything, should I know about your belief system or worldview?

1 response

No, I'm open minded.

What is your social support system?

1 response

Good friends. Emotionally supportive extended family. Professional therapy.

Is there anything else you would like to share to best support you?

0 responses

No responses yet for this question.

How much time (each day/week/month) can you devote to your own personal yoga practices?

1 response

30 min a day on normal days. 60-90 min planned sessions once a week

When are you available for yoga therapy sessions (days and times)?

1 response

flexibile at the moment

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