

NY 005
1g6

Intake Form

First Name N

Last name V

Phone

E-mail

Address

Occupation

Date of birth 3/7/1

Date 7/17/2024

Referred by

What are your reasons for coming to yoga?

social interaction and relaxing health benefits

Have you had any experience with yoga or meditation? If so, please describe it.

None

What kinds of challenges are you dealing with right now?

Hyper activity, attention/focus

Have you ever been diagnosed with any of the following conditions?

- | | |
|--|--|
| ☐ Osteoarthritis/rheumatoid arthritis | ☐ Breathing problems (asthma, COPD) |
| ☐ Osteoporosis | ☐ Digestive issues |
| ☐ Spinal fracture | ☐ Reproductive system issues |
| ☐ Herniated/ruptured disc | ☐ Cancer |
| ☐ Spinal fusion or discectomy | ☐ Diabetes |
| ☐ Scoliosis | ☐ Epilepsy |
| ☐ Bone fractures (last two years) | ☐ Headaches |
| ☐ Low bone density | ☐ Immune conditions |
| ☐ Heart conditions | ☐ Fibromyalgia |
| ☐ High or low blood pressure | ☐ Chronic fatigue syndrome |
| ☐ Circulation problems | ☒ Mental health challenges |

Please provide more details about any checked areas above

Diagnosed through all school years with ADHD and was in Special Ed. classes; was on Rx.

Have you had any treatments or surgeries in the past five years?

DATE

None

List your current medications

None

Do you have pain or mobility limitations in any of the following areas?

- ☐ Neck ☐ Upper back ☐ Hips ☐ Elbows ☐ Hands ☐ Wrists
☐ Shoulders ☐ Lower back ☐ Sacrum ☒ Knees ☐ Feet ☐ Ankles

If so, please describe them.

comes and goes

Are you currently receiving any treatment?

No

What is your daily activity level? daily chores in house, up & down stairs alot

- ☐ Sedentary ☒ Move some ☐ Move a lot ☐ Other (please explain) daily walks weather permitting

What kind of exercise do you engage in?

- ☐ None ☒ Walking ☐ Running ☐ Biking ☐ Weightlifting ☐ Aerobics ☐ Yoga
☐ Other (please explain)

How often do you exercise? weather permitting

- ☐ Sporadically ☐ Once a week ☐ 2-3 times a week ☐ 5 days a week ☒ Every day

How many meals do you eat per day?

- ☐ 1 ☐ 2 ☒ 3 ☐ 4 ☐ 5 ☐ More than 5

Please describe your current diet

- ☒ High in fruit and vegetables ☒ High in animal protein ☐ High in carbohydrates
☐ High in processed foods ☐ Paleo ☐ Vegetarian ☐ Vegan ☐ Other

What is your typical energy level?

☐ Low ☐ Medium ☒ High ☐ Variable ☐ Other

What is your sleep quality?

☒ Restful ☐ Restless ☐ Frequently interrupted ☐ Not enough ☐ Too much

☐ Trouble getting to bed ☐ Trouble falling asleep ☐ Trouble staying asleep

☐ Other

What is your stress level?

☒ Low ☐ Medium ☐ High ☐ Variable ☐ Other

What is the source of your stress?

What do you do to counteract stress?

Are you currently experiencing any issues with any of the following systems?

☐ Digestive ☐ Respiratory ☐ Endocrine ☐ Nervous ☐ Circulatory ☐ Reproductive

☐ Endocrine (hormones) ☐ Lymphatic (immunity) ☐ Integumentary (skin) ☐ Urinary

If so, what kinds of issues?

Are you currently receiving any treatment?

Do you have any trouble concentrating?

☐ Never ☐ Rarely ☒ Sometimes ☐ Often ☐ All the time

Do you have trouble remembering things?

☐ Never ☐ Rarely ☒ Sometimes ☐ Often ☐ All the time

Do you experience any recurring memories that are bothersome?

☐ Yes ☒ No ☐ Don't want to talk about it

How often do you feel anxious?

☐ Never ☒ Rarely ☐ Sometimes ☐ Often ☐ All the time

How often do you feel depressed?

☒ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ All the time

Does your current mental state impact the quality of your life?

☒ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ All the time

If so, in what way?

Which emotion have you felt most often in the past two weeks?

- ☒ Happiness/Joy ☒ Gratitude ☒ Excitement ☐ Serenity ☐ Hope ☐ Inspiration ☒ Love
☐ Anger ☐ Irritation ☐ Sadness ☐ Frustration ☐ Guilt ☐ Fear ☐ Disappointment
☐ Other (please specify)

Do you like feeling this way?

- ☒ Yes ☐ No ☐ Sometimes

Do you currently feel (check all that apply):

- ☐ Stable ☐ Vital ☒ Empowered ☐ Connected ☐ Expressive ☐ Insightful ☒ Inspired

How satisfied are you with the quality of your life right now?

- ☒ Completely ☐ Moderately ☐ Somewhat ☐ Not really ☐ Not at all

What would you like to change, if anything?

During the past two weeks, was someone available to help you if you needed help?

- ☒ Yes, as much as I wanted ☐ Yes, quite a bit ☐ Yes, some
☐ Yes, a little ☐ No, not at all

How would you describe your spiritual/religious life?

What do you enjoy in your life? Do you have hobbies?

walking, talking