

**StudioDEE Integrative Wellness  
Yoga Therapy Intake**

<b>Name</b>	<b>Date</b>
<b>Age:</b>	<b>Partnership (married, divorced, single, life)</b>

\*Please use the blank text box on the last page of the intake form to include detailed information that does not fit on this page.

**Based on physical or emotional challenges you are having, what is your body telling you it needs right now?**

**Are there any regrets from your past that you have or that you hold in some way?**

**Overall observations, possible items to consider:**

1. Who referred you:
2. What other health professionals are you working with at this time (MD, massage, PT, etc.)
3. Do have a support network (family/friends/group)? :
4. What do you enjoy doing/what do you do for fun?:
5. What do you do for work? Do you enjoy your work?:
6. What is your stress/anxiety level: (1↓ 10↑)
7. General Diet:\* (See food pyramid for accurate definition of a balanced diet if not vegetarian)
8. Medications/Vitamins:
9. Do you feel rested after a full night sleep?
10. What position do you sleep in? :
11. Do you spend a lot of time driving? :
12. Do you spend most of your day on the computer/technology (cellphone/iphone)? :

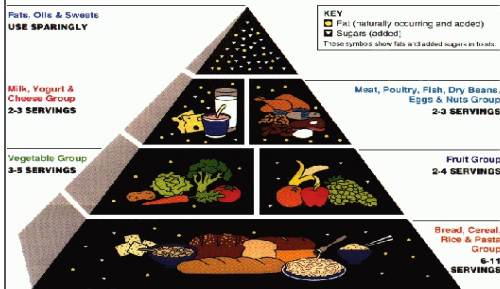
13. What do you do for self-care/relaxation? :

14. Do you spend time in nature, if so doing what? :

MEDICAL HISTORY YES NO COMMENTS

1. ADD/ADHD:			
2. Allergies:			
3. Asthma:			
4. Arthritis (Osteo or Rheumatoid):			
5. Back Pain:			
6. Cancer:			
7. Cholesterol:			
8. Diabetes:			
9. Eating Disorders:			
10. Fibromyalgia:			
11. Heart Disease:			
12. Lymphedema:			
13. Heartburn:			
14. Hypertension:			
15. Incontinence:			
16. Migraines:			
17. Osteoporosis:			
18. Skin Problems:			
19. Good Sleep Habits:			
20. Smoking/Alcohol Consumption:			
21. Past/present injuries or major life events:			

Do you drink 64 oz of H2O/day?  
 Do you eat the servings from the food pyramid?  
 Do you eat fast food more than 1x/week?  
 Do you drink more than 16oz of caffeinated beverages a day?



\*Please number the information placed in this box to the corresponding topics from above.

Questions or concerns, feel free to email me at [info@studiodeewellness.com](mailto:info@studiodeewellness.com) or call 484-888-3725

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