



**Family** Medical History (i.e. significant illnesses that may run in your family).

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**Your** Past Medical History (include only your hospitalizations, illnesses, accidents, traumas, etc.):

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Prescription Medications currently taking (indicate dosage, how many times per day, when you started):

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Vitamins/Supplements currently taking (indicate dosage, how many times per day, when you started):

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What best describes your dietary preferences (circle all that apply): Keto, Paleo, Vegetarian, Vegan, Plant-Based

Please describe the foods/drinks that are problematic to your health. (ex. sweets, gluten, alcohol, meat, etc)

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History of menstrual periods (e.g. regular/irregular, heavy/light flow, PMS, cramping, etc.) \_\_\_\_\_

Date of Last Period: \_\_\_\_/\_\_\_\_/\_\_\_\_ Date of Last PAP: \_\_\_\_/\_\_\_\_/\_\_\_\_

History of pregnancies (e.g. miscarriages, infertility, c-sections, difficult births, etc.) \_\_\_\_\_

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*To the best of my knowledge the information provided on this form is true and accurate.*

Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_