

## Women's Health History Form

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### Personal Information

- First & Last Name: \_\_\_\_\_
  - Date of Birth: \_\_\_\_\_
  - Contact Information: \_\_\_\_\_
  - Emergency Contact: \_\_\_\_\_
  - Occupation: \_\_\_\_\_
  - Marital Status: \_\_\_\_\_
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### Lifestyle and Habits

#### Dietary Patterns:

- Describe your typical daily meals and snacks:
- Do you follow any specific diet (e.g., vegetarian, keto)?
- How often do you consume processed foods or sugary beverages?

#### Physical Activity:

- What forms of exercise do you engage in, and how frequently?
- Do you have any physical limitations?

### Sleep Patterns:

- Average hours of sleep per night: \_\_\_\_\_
- Do you experience sleep disturbances?

### Stress and Mental Health:

- On a scale of 1-10, rate your current stress level: \_\_\_\_\_
- Do you have coping mechanisms for stress? If so, what are they?

### Substance Use:

- Do you smoke or use tobacco products?
  - Is alcohol consumption part of your routine? If so, how often?
  - Do you use recreational drugs?
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### Medical History

#### Pregnancy and Childbirth:

- Number of pregnancies: \_\_\_\_\_
- Number of births: \_\_\_\_\_
- Any complications during pregnancy or delivery?
- Have you experienced childbirth-related traumas? If comfortable, please elaborate:

### Medical Conditions:

- List any chronic illnesses or conditions:
- Are you currently on any medications or supplements?

### Family Medical History:

- Any hereditary conditions in your family (e.g., diabetes, heart disease)?

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### Personal Insights

#### Astrological Information:

- Birth Date \_\_\_\_\_ and Time: \_\_\_\_\_
- Birthplace: \_\_\_\_\_

#### Cultural and Spiritual Beliefs:

- Do you adhere to specific cultural or spiritual practices that influence your health decisions?

#### Health Goals and Concerns:

- What are your primary health goals?

- Are there specific health concerns you'd like to address?

### Anything Else You Wish to Share?

- Reoccurring dreams, thought patterns, emotional blocks, or anything that feels important for me to know:

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#### Consent and Confidentiality

All information provided will remain confidential and used solely for the purpose of personalized coaching.

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