



Health Matters: Primary Introduction

Hi there!

Congratulations on choosing the smartest way towards health 😊

Let's get to know each other and start working together towards goals you wish to achieve and more importantly want to sustain.

I am Arundhati , Registered Dietitian (U.K)and over 10 years experience in Wellness counseling & online consultations.

Being a new immigrant to Canada has caused some stress but I help it by keeping hydrated, munching on fruits and sleeping well.

All is not perfect though, as I have this everlasting weariness about exercising daily. But I have a few tricks up my sleeve that help me here.

As we start our journey together, I would help you develop your own tricks and treats to achieve the goal that seemed so distant until now.

Welcome and let's get started!

Name:):	Date:
Height (cm/inches)	Weight (kg/pounds):	
Level of daily Stress (scale 1 to 10 where 1 is least amount of stress):		
Amount of Water consumed per day (glasses/ml):		
Daily Exercise (type and duration):		
Digestive issues (constipation, acidity etc):		
Preferences (sweet/convenience food/ dislike for exercise etc):		
Type of physical activity (Sedentary/moderate/heavy) per day:		
Average sleep (hours, peaceful/ disturbed):		
Alcohol, smoking, other habits:		
Allergies or any existing health conditions (eg. Nut allergy, Diabetes etc):		
Desired Health Goals:		
Hobbies:		

Thank you.
Arundhati Joshi