

## Patient Quick Profile

Date\_\_\_\_\_

### Demographics:

Patient Name: \_\_\_\_\_ Sex:        Male            Female

Occupation: \_\_\_\_\_ Height: \_\_\_\_\_

Age: \_\_\_\_\_ Weight: \_\_\_\_\_

Family History: \_\_\_\_\_ Body Fat % \_\_\_\_\_

PaceMaker:    Yes        No        Heart Stent:    Yes        No        Birth control:    Yes        No

### Primary Medical Data:

Health Issues:\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**MEN:**    Test Level: \_\_\_\_\_    Free Test: \_\_\_\_\_    DHT: \_\_\_\_\_

          PSA:        \_\_\_\_\_    Estrogen: \_\_\_\_\_    IGF-1: \_\_\_\_\_

**WOMEN:** Test Level: \_\_\_\_\_    Estradiol:\_\_\_\_\_    Progesterone:\_\_\_\_\_

          Free Test:    \_\_\_\_\_    IGF-1\_\_\_\_\_

## Patient Quick Profile (continued)

### Lifestyle Information:

Dietary Habits: \_\_\_\_\_

\_\_\_\_\_

Exercise Habits: \_\_\_\_\_

\_\_\_\_\_

Current Stress Elements: \_\_\_\_\_

\_\_\_\_\_

### Personal Goals:

Energy/Daily Routine: \_\_\_\_\_

\_\_\_\_\_

Weight Management/Body Fat Reduction: \_\_\_\_\_

\_\_\_\_\_

Sexual Health: \_\_\_\_\_

\_\_\_\_\_

Sleep: \_\_\_\_\_

\_\_\_\_\_

Exercise/Diet: \_\_\_\_\_

\_\_\_\_\_

Stress Relief: \_\_\_\_\_

\_\_\_\_\_