



BIOFIT



BLUEPRINT BOOTCAMP

History Taking Demographics and Goals

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Components of a Thorough History

Demographics and General Information

- ✓ Name, address, phone number
- ✓ Height and weight
- ✓ Marital status and family members
- ✓ Occupation
- ✓ Education
- ✓ Travel
- ✓ Pets



Demographics and General Health Form

Components of a Thorough History

Health Goals

- ✓ Palliative, Preventative, or Seeking Optimal Health and Functioning
- ✓ 5-Year Vision
- ✓ 1-Year Vision
- ✓ 90-Day Goal
- ✓ 1-Month Goal



Health Values, Visions, and Goals Form