



# BIOFIT

## BLUEPRINTBOOTCAMP

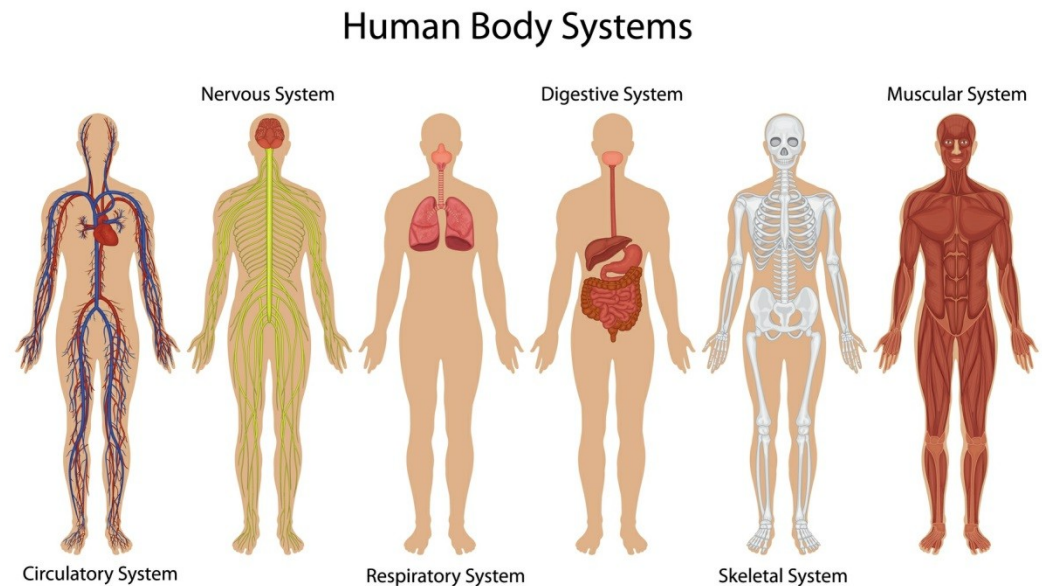
# History Taking Scorecards and Wrap-up

**Dr. Ritamarie Loscalzo**

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# Body Systems Evaluation Scorecards

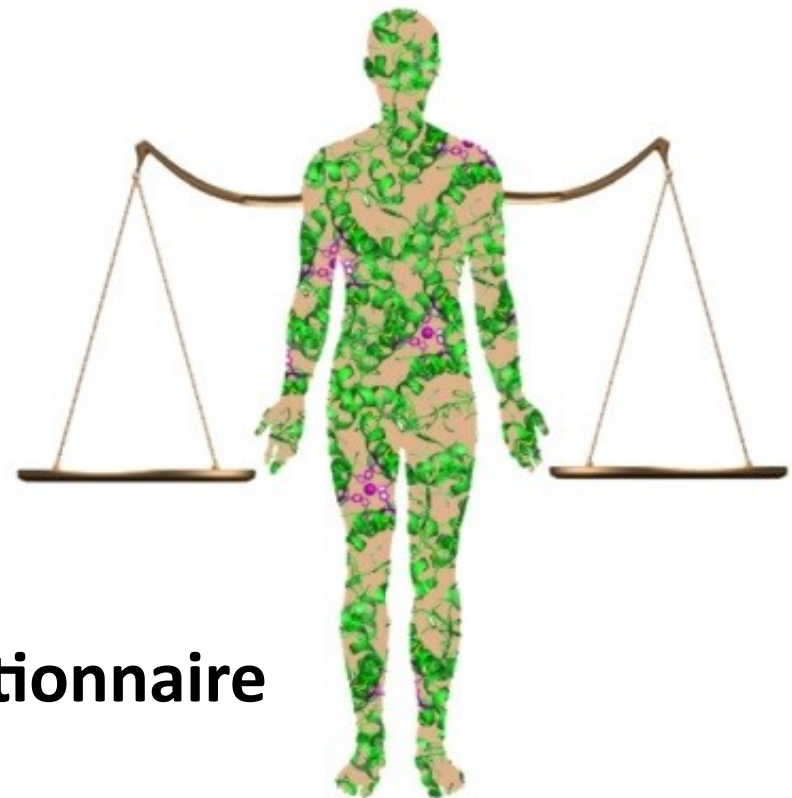
- ✓ Digestion including leaky gut and candida
- ✓ Cardiovascular
- ✓ Respiratory
- ✓ Genitourinary
- ✓ Neurotransmitters
- ✓ Detoxification



## Scorecard Questionnaires

# Gland and Hormone Score Cards

- ✓ Thyroid
- ✓ Adrenal
- ✓ Insulin
- ✓ Pituitary
- ✓ Sex hormones



**Scorecard Questionnaire**

# Nutrient Evaluation Scorecards

- ✓ Vitamins
- ✓ Minerals
- ✓ Amino acids
- ✓ Fatty acids



## Scorecard Questionnaires

# Journals and Tracking

- ✓ Food and mood
- ✓ Activity and symptom tracker
- ✓ Medications and supplements
- ✓ Bowel habits
- ✓ Blood sugar
- ✓ pH



## Sample Tracking Forms

# Ready and Willing Assessment

- ✓ Change diet
- ✓ Take supplements
- ✓ Keep records
- ✓ Modify lifestyle
- ✓ Practice relaxation techniques
- ✓ Exercise
- ✓ Have periodic lab tests to assess progress
- ✓ Confidence in ability to follow through
- ✓ Support circle
- ✓ How much support they need from you



## “Ready and Willing” Questionnaire

# BEFORE Their First Appointment

- ✓ Basic health questionnaire
- ✓ Medical records release (if applicable)
- ✓ Goals
- ✓ “Ready and Willing” evaluation
- ✓ Diet diary

