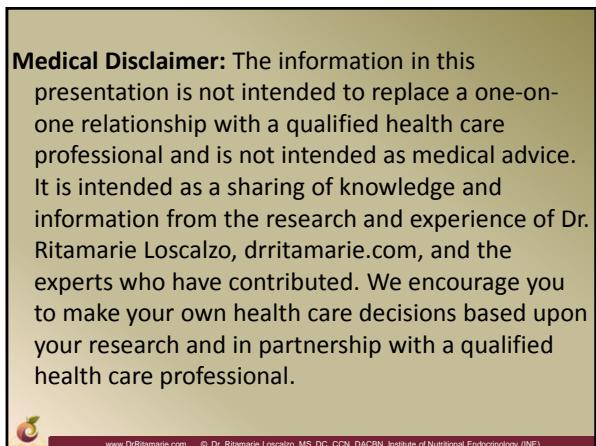
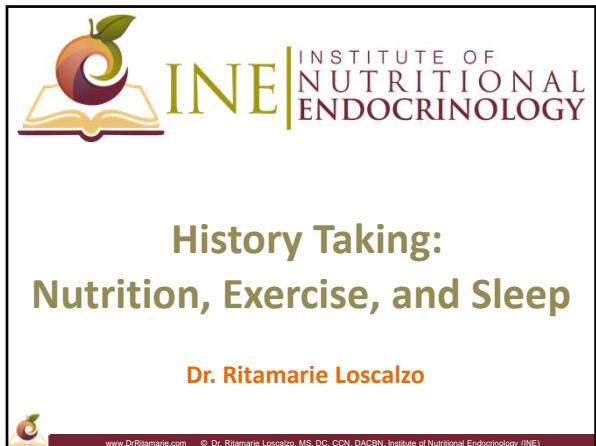


## INE: History Taking - Nutrition, Exercise, and Sleep



## Current Health and Exposures

### Exercise Habits and History

- ✓ Frequency
- ✓ Duration
- ✓ Balance: yoga, core, cardio
- ✓ Ratio of cardio and resistance
- ✓ Recovery time
- ✓ Soreness between workouts
- ✓ Cramps
- ✓ Water intake



# Current Health and Exposures

## Sleep Habits and History

- ✓ Typical bedtime
- ✓ Usual arise time
- ✓ Average hours of sleep
- ✓ Quality of sleep
- ✓ Difficulties falling asleep
- ✓ Difficulties staying asleep
- ✓ Quality of sleep
- ✓ Sleep environment
- ✓ Awaken refreshed?

