

Lifestyles Questions

1. What time do you go to bed at night? _____
2. What time do you rise in the morning? _____
3. Do you alter your routine on weekends? _____
4. Do you wake up at night? _____
How many times? _____
What times? _____
5. Do you eat breakfast? _____ Do you eat lunch? _____ Do you eat dinner? _____
6. Do you snack in between meals? _____
7. What is a typical breakfast? _____
8. What is a typical lunch? _____
9. What is a typical dinner? _____
10. What kind of snacks do you eat? _____
11. Do you get light headed if you skip a meal? _____
12. Do you get irritable if you skip a meal? _____
13. Do you drink coffee? _____ How many cups a day? _____ Ever after noon? _____
14. Do you drink alcohol? _____ How often? _____
15. Do you exercise? _____ What type? _____ How often? _____
16. Are you married? _____ Is there any stress in the relationship? _____
17. Are you employed? _____ How long? _____ Is your job satisfying? _____
18. If employed, how many hours a day do you work? _____
19. Is your job high stress or boring? _____
20. Are you making financially what you feel you are worth? _____
21. Do you have children? _____ How many? _____ How old? _____
22. Does your spouse help with the children? _____ The house? _____
23. Do you have pets? _____ What type? _____
24. Do you own your own or rent your home? _____
25. Is your home your oasis or do you not like being there? _____
26. Do you have close friends? _____
27. Do you socialize regularly? _____
28. Do you live near family? _____
29. Do you have a close relationship with your family? _____
30. Is there any illness in your family right now? _____ Whom? _____
If so, are you one of the caretakers? _____
31. Has there been any recent deaths in your family? _____ Whom? _____

Please use this space to explain anything from above that you wish to be clarified:
