

Health Coaching Intro Form

Please list any known food allergies, sensitivities, or intolerances (place an asterisk by foods that cause life-threatening reactions):

The *most important* thing I feel I can/should do to improve my health is:

The best way you can support me as a health coach is:

Each of us have character strengths that help to make us who we are. Using these strengths can bring us joy and a sense of purpose. Please visit www.viacharacter.org and complete the

free VIA survey. You will need to register (but may choose to opt out of receiving any communications from VIA) and the survey will take approximately 20 minutes. Once finished, please complete the below information.

Top 5 character strengths*:

- 1.
- 2.
- 3.
- 4.
- 5.

Anything else you'd like to share:

**Note that if a strength is at the bottom of your list, it does not mean you are deficient in this strength. It just means you use other (top) strengths more often!*

If you have questions regarding this form or your first appointment, please email Elizabeth at emiller@valeowc.com.