

"To eat is a necessity, but to eat intelligently is an art."
- La Rochefoucauld

I join you in embarking on your quest for vibrant health! Please fill out the following questions to the best of your ability. Please know that there is no judgment in your answers. Your response only provides me with a snapshot of where you are today, so that together we can work towards where you want to be.

In happiness and health,

Natasha Soby

What is your gender?

What is your current height and weight?

Have you ever been on a diet for weight loss and/or sports performance? If so, please describe.

Are you currently satisfied with your weight? If not, do you consider yourself to be overweight or underweight. Please include your weight history, any sudden increase or decrease in weight, and weight goals.

What are your short-term and long-term nutritional goals?

What are your favorite, and/or go-to foods?

How would you describe your current energy level? Have you ever struggled with low energy levels? If so, when? What time of day is your energy the highest? The lowest? Do you ever get tired after eating?

How would you describe your appetite?

Would you consider yourself to have a healthy or unhealthy relationship with food? If you answer unhealthy, please elaborate. This can include withholding from eating, unhealthy thought patterns, purging of food eaten, laxative or