

Name:  
DOB:

**Medication List**

Name of the Medication	Dose	Frequency	Doctor

List any **herbal supplements or vitamins** you are taking:

\_\_\_\_\_

\_\_\_\_\_

**Family History**

Please list any history of family illnesses / diseases:

Mother: \_\_\_\_\_ Father: \_\_\_\_\_ Siblings: \_\_\_\_\_

Grandmother: \_\_\_\_\_ Grandfather: \_\_\_\_\_ Children: \_\_\_\_\_

**Social History (circle all that apply)**

**Exercise:**      Daily      Weekly      Monthly      Rarely      Never

Type \_\_\_\_\_ Duration \_\_\_\_\_

**Smoking:**      Current every day smoker      Current some day smoker      Former Smoker  
                         Never Smoker                                      Chewing Tobacco

\*If yes, for how long \_\_\_\_\_

**Drink Alcohol:**      No      Yes

**Drug use:**      Never      Quit      Yes      \*If yes, what type(s) \_\_\_\_\_

**Review of Systems**

Please circle symptoms that you are currently experiencing TODAY.

- |                             |                       |                                       |
|-----------------------------|-----------------------|---------------------------------------|
| Fever / Chills              | Chest pain / pressure | Nausea / Vomiting                     |
| Fatigue                     | Palpitations          | Diarrhea / Constipation               |
| Vision changes              | Shortness of breath   | Urinary pain / urgency / incontinence |
| Sore throat                 | Difficulty breathing  | Joint pain / Muscle weakness          |
| Nasal Stuffiness / Drainage | Cough                 | Changes to skin, hair, or nails       |
| Hearing changes / Ear pain  | Wheezing              | Numbness: Arms / Hands / Legs/ Feet   |
| Anxiety                     | Depression            | Dizziness                             |

**Please turn over...-->**