

# PRIMAL EDGE HEALTH

## Welcome to Primal Edge Coaching!

Please fill out this form completely and return it back to  
Tristan@PrimalEdgeHealth.com at least 24 hours prior to our consultation.

NAME:

LOCATION:

TIME ZONE:

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Answer all questions as completely as you can. This coaching period will be the most beneficial to you if you are 100% honest with yourself and me. Transparency and awareness about your habits and goals will help me evaluate where we are and what we can do to reach your goals in a HEALTHY and SUSTAINABLE way.

Together we will build a solid foundation of good mental and physical habits. I ask for your commitment and focus for ONE MONTH in order to rebuild a long-lasting foundation of healthy habits.

The purpose of this questionnaire is multi-fold. First, it will get you thinking and reflecting about your health and lifestyle habits. Second, it will help you hone in your intention and refine your focus on what you want to change. Third, your answers provide me with valuable insight into your life and current state of being so I can work the best way possible to create a realistic plan suited to your preferences and needs. It's better for me to give you a decent plan that you stick with than a "perfectly optimal" plan that you can't adhere to. This preliminary info is helpful for my preparations, as well as yours.

You're here, you're serious, so let's get going!

**Please Note:** All information disclosed herein is *confidential* and will never be disclosed to any outside party. By completing this form you also agree to not disclose the specific diet or exercise plans developed for you to outside parties.

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1. **What is your current**
  - a. **Age:**
  - b. **Weight:**
  - c. **Height:**
  
2. **What are the specific goals you want to accomplish?** *What are we pushing towards during this coaching period?*
  
  
  
  
  
  
  
  
  
  
3. **Give a brief history of your weight and body composition.** *If possible, attach a current photo of you taken from the front. If you have any older photos of body composition, which you think are relevant, you can include them also. Drag and drop into this file or attach via email.*
  
  
  
  
  
  
  
  
  
  
4. **Do you have any major health issues?** *Please disclose any health issues that would affect your lifestyle.*
  
  
  
  
  
  
  
  
  
  
5. **How long have you been on your current dietary regime?** *Have you tracked your weight before? If you have been tracking, please give a history of your body composition and weight or measurements.*
  
  
  
  
  
  
  
  
  
  
6. **How is your hunger throughout the day?** *Note when you get hungry and if you have any cravings or energy lulls. Are there any triggers or patterns of behavior?*
  
  
  
  
  
  
  
  
  
  
7. **Log exactly what you eat over a 3-day period – BE HONEST.** *Do your best to estimate (in grams) your intake of fat, carbohydrates, and protein along with total kcals. Inserting screenshot of a diet-tracking app will suffice. Drag and drop images into this file or attach via email.*

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8. **Describe your current exercise and/or workout routine.** *Include cardio activity with an estimation of intensity (low, medium, high) and current goals in your training.*
  
9. **What is your current sleep/work schedule like?** *Include the amount of time you spend outside. How much direct sunlight are you exposed to daily?*
  
10. **What are your stress levels (low, medium high) on average?** *How is your energy throughout the day?*
  
11. **Rhetorical question: Are you ready to leave your old self behind?** *How hard are you willing to work? How much will power and energy are you willing to push into this?*