

Create Your Client Self-Assessment

As a medical fitness pro already serving clients, you have existing forms as you onboard clients. For that reason the following steps will help you decide what's the best way to add hormone balancing questions to your intake arsenal.

Consider the other intake forms you have clients complete. So that you don't have overlap for your clients, you may decide to create one complete form, or to add only the items that you don't already cover.

When your client has completed the assessment, even if they've tried a number of things to improve, you have an opportunity for discussion around how systematically they've attempted changes. The more items you assess the more opportunity to measure progress.

Use the following four questions in a grid to get your client to respond. Use simple paper and pencil, or a tool like Survey Monkey or Typeform, or a Google doc to create a form your client can fill out before your first session. Depending how many questions you add you'll have a simple score at the end for comparison with regular updates from your client.

Use simple directions

Rate your health in the following areas 0-5 (0 – really struggling with this 5 = it's optimal!)

If this is a problem, how long has this been a problem?

What have you tried?

What were the results?

Ask your clients about the following areas.

Brain fog

Body fat

Cellulite

Bone density

Muscle mass

Energy

Exhaustion

Body aches/pains

Frequent or chronic injury

Frequent illness (3 or more times/year)

Appetite

Cravings

Digestion

Elimination

Sleep

Stress

Depression
Anxiety
Libido

You may want to ask more than one question about some. For instance, under digestion include gas and bloating. Sleep can include trouble getting to sleep, staying asleep, or waking too early. Libido could include dryness, painful sex, and lack of interest.