



LOTUS HOLISTIC MEDICINE

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Readiness Assessment

Rate on a scale of: 5 (very willing) to 1 (not willing).

In order to improve your health, how willing are you to:

- Significantly modify your diet – 5 _____ 4 _____ 3 _____ 2 _____ 1 _____
Take several nutritional supplements each day– 5 _____ 4 _____ 3 _____ 2 _____ 1 _____
Keep a record of what you eat each day – 5 _____ 4 _____ 3 _____ 2 _____ 1 _____
Modify your lifestyle (e.g. work demands, sleep habits) 5 _____ 4 _____ 3 _____ 2 _____ 1 _____
Practice relaxation techniques – 5 _____ 4 _____ 3 _____ 2 _____ 1 _____
Engage in regular exercise – 5 _____ 4 _____ 3 _____ 2 _____ 1 _____
Have periodic pathology tests to assess progress -- 5 _____ 4 _____ 3 _____ 2 _____ 1 _____
Invest enough time into educating yourself about the first causes of health problems and how we can reverse them through lifestyle and diet – 5 _____ 4 _____ 3 _____ 2 _____ 1 _____

Comments: _____

Rate on a scale of: 5 (very confident) to 1 (not confident at all).

How confident are you of your ability to organize and follow through on the above health related activities? 5 _____ 4 _____ 3 _____ 2 _____ 1 _____

If you are not confident of your ability, what aspects of yourself or your life lead you to question your capacity to fully engage in the above activities? _____

Rate on a scale of: 5 (very supportive) to 1 (not supportive at all).

At the present time, how supportive do you think the people in your household will be to your implementing the above changes? – 5 _____ 4 _____ 3 _____ 2 _____ 1 _____

Comments _____

Rate on a scale of: 5 (very frequent contact) to 1 (very infrequent contact).

How much ongoing support and contact (e.g. telephone consults, e-mail correspondence) from your professional staff would be helpful to you as you implement your personal health program?

5 _____ 4 _____ 3 _____ 2 _____ 1 _____

Comments _____

Thank you for taking the time to complete this health history medical questionnaire.

The information derived from all of these medical forms will provide invaluable data.

Each section builds upon the other, allowing me and other physicians the opportunity to discover “**missing keys**” that will significantly help you to manage your health problem(s).

Once all the sections of this form and the questionnaires have been filled out please return them to our office and we'll make an appointment for our initial consultation.

I thank you once again and look forward to helping you achieve a “**return to health and well being.**”

Sincerely,
Dr Sandeep Gupta