

# NATUROPATHIC PERSPECTIVES

*Redefining Your Health*



## **Adolescent Intake**

If you are 13 to 18 years of age, please complete this section for yourself.

### **Health Concerns**

Do you have any health concerns yourself, in addition to the ones listed on the pediatric intake form? \_\_\_\_\_

\_\_\_\_\_

### **Menstrual History** (for females to complete)

Have you started your menses (your period)? Y / N If yes, at what age did it start? \_\_\_\_\_

How many days does your period last? \_\_\_\_\_

How many days from the start of your period to the start of the next one? \_\_\_\_\_

Have you ever missed a period? Y / N If yes, for how many months? \_\_\_\_\_

Do you have any premenstrual symptoms (please list what they are and when they start during your cycle)? \_\_\_\_\_

\_\_\_\_\_

### **Social Patterns**

Do you have any good friends? Y / N

If yes, do you feel like you can trust these friends? \_\_\_\_\_

Do you have a job? Y / N If yes, how many hours do you work per week? \_\_\_\_\_ hours/week

Do you enjoy your job? \_\_\_\_\_

Do you enjoy school? Y / N

Which subjects do you like the most? \_\_\_\_\_

Which subjects do you like the least? \_\_\_\_\_

**Sleep Patterns**

How many hours do you sleep at night? \_\_\_\_\_

Do you feel rested when you wake up? \_\_\_\_\_

Do you get tired throughout the day? Y / N    If yes, at what time? \_\_\_\_\_

**Environment**

Do you ever felt pressured to do things you do not want to do (i.e. drugs, sex)? Y / N

Have you ever tried (check all that apply)?

smoking cigarettes     drinking alcohol     drugs, which ones: \_\_\_\_\_

If you use any of these things regularly, how much and how often? \_\_\_\_\_

Have you ever been sexually active? Y / N        Are you currently sexually active? Y / N

Do you use contraceptives of any kind (e.g. birth control pill, condoms, etc.)? \_\_\_\_\_

Have you ever had to use a pregnancy test? Y / N

What is your sexual preference (Please circle)?    Males    Females    Both

Is there anything else you would like me to know about? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

All Done!