

Pt Centered Goals: Magic Wand or Symptoms or Other

Provider \_\_\_\_\_

Pt: \_\_\_\_\_

age \_\_\_\_\_

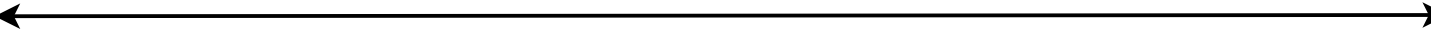
date: \_\_\_\_\_

Strengths/Resources

Change: Importance || Confidence

**Sx:** last felt well? began?  
changed? Anything else?

**Time Line:**



**Events:** major (deaths, births, injuries,  
divorces, children, other)Anything else?

**Habits:** Tobacco / alcohol / caffeine / MJ /  
other  
**PMHx:**

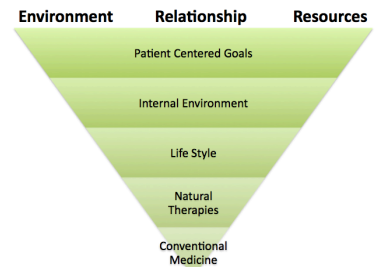
**Meds/Sups:**

**Labs:**

**NOTES:**

Sleep	Food and Drinks	Movement	Stress
Go to bed? Get to sleep? How often do you wake up and why?  Hours are you in bed? Hours are you sleeping?  Satisfaction: 	First food? Meals: B: L: D: snacks: Servings of vegetables? Satisfaction: 	How much?  Do you have any formal exercise program?  Satisfaction: 	 Main Sources?  Relax, how? How often? Does it work?

**IM4Us Treatment Pyramid**



**Average Day** wake up \_\_\_\_\_, then what

**PLAY:** What do you do for fun/pleasure/relaxation?

**RELATIONSHIPS:** Who do you connect with?

**PURPOSE/MEANING:** Do you have a spiritual practice? What brings you a sense of fulfillment?

**RESOURCES:** Where does your money come from?

**ENVIRONMENT:**

**FOOD ACCESS:**

**MOVEMENT ACCESS:**

**ACCESS TO INTERNET/EMAIL:**

**Additional Provider Notes:**

**Change**

**Knowledge:** Do they know what they need to do to be well/feel better/meet goals? /10

**Importance:** How important is it that they feel better? /10

**Confidence:** How confident are they that they can make the changes? /10 How confident that these changes will make a difference? /10

**Willingness:** How willing are they to make changes in daily routine? /10

<b>Food: timing/content/ portions</b>		<b>Other Notes</b>
<b>Movement: duration/ frequency/type</b>		
<b>Sleep: timing/quality</b>		
<b>Relaxation/Stress management</b>		
<b>Fun/Play/Pleasure/Reward</b>		
<b>Mental Health: attitude/ belief/identity</b>		<b>EXAM</b>
<b>Environment/Relationships/ Resources</b>		
<b>Supplements</b>		
<b>Manual Medicine/ Acupuncture</b>		
<b>Labs/Other</b>		<b>Global Notice</b>