



Garry Hares Clinic

Client Intake/Enquiry Questionnaire

Thank you for making your enquiry with Garry Hares Clinic.

To help us assess your needs please complete this form providing as much information as possible and return.

Full name (inc Title)

Email address

Phone number(s)

Home address

Date of birth

Who are you? (Please select)

- I am the client
- I am completing this on behalf of the client

What are you currently experiencing in your health/life that you want to change, or would like help with?

What would you like to be experiencing instead?

How do you currently support your health & well-being? What's worked in the past?

Do you take prescribed medication? If yes, what is it, when did you start, and for how long? Please list current and previous medications.

Do you take supplements (vitamins, natural remedies)? If yes, what, when did you start, and for how long? Please list current and previous supplements.

Please provide an overview of your health history, to include childhood vaccines, flu & covid vaccines, operations, any medical or aesthetic procedures, injuries, broken bones etc, including date/year.

What does your current diet consist of? Please include all meals, snacks and drinks that you would typically consume over the course of a week.



How often do you get stressed, and where/how does it show up?

What is your average daily stress level on a scale of 1-10? (1 Low stress - 10 High stress)

What is your average daily energy level on a scale of 1-10 (1 Low energy - 10 High energy)

What is your average daily sleep level on a scale of 1-10 (1 Poor quality - 10 High quality)

What is your average daily pain level on a scale of 1-10 (1 No/Low pain - 10 Intense pain)

Please share anything else about you, your health and life that you feel is relevant.

Please use a separate sheet if needed.

Disclaimer:

Your information will be kept confidential and used only in relation to the support we're working on together.

I consent to my information being collected and used as described above

THANK YOU