



Hi! Thank you for your interest in private yoga sessions. Please answer these questions to give me a better idea of where you are and what you are looking for in your yoga practice. It is completely up to you how much information you choose to share, and all information will remain confidential.

1. How old are you?

- In my 20s
- In my 30s
- In my 40s
- In my 50s
- In my 60s
- In my 70s
- In my 80s

\*Single choice

2. What is your occupation?

Electrician

3. What are your reasons for coming to yoga?

Lower back and hip discomfort

4. What kind of challenges are you dealing with right now?

Trying to stay consistent with yoga and stretching while working

5. Have you ever been diagnosed with any of the following conditions?

- Osteoarthritis/ Rheumatoid arthritis
- Osteoporosis
- Spinal fracture
- Herniated/ruptured disk
- Spinal fusion or discectomy
- Scoliosis
- Bone fractures (last two years)
- Low bone density
- Heart conditions
- High or low blood pressure
- Circulation problems
- Breathing problems (asthma, COPD)
- Digestive issues
- Reproductive system issues
- Cancer
- Diabetes
- Epilepsy
- Headaches
- Immune conditions
- Fibromyalgia
- Chronic fatigue syndrome
- Mental health challenges
- None of the above

6. Please provide more details about checked areas above.

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7. Please list your current medications

None

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8. Do you have pain or limitations in mobility in any of the following areas?

- Neck
- Shoulders
- Upper back
- Lower back
- Sacrum
- Hips
- Elbows
- Knees
- Hands
- Feet
- Wrists
- Ankles
- None of the above

9. Have you had any recent surgeries (in the last 5 years)? If so, please describe.

No

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10. What is your daily activity level?

- Sedentary
- Move some
- Move a lot

\*Single choice

11. What kind of exercise do you engage in?

- None
- Walking
- Running
- Biking
- Swimming
- Weightlifting
- Aerobics
- Yoga
- Other

12. How often do you exercise?

- Sporadically
- Once a week
- 2-3 times a week
- 5 days a week
- Every day

\*Single choice

13. How many meals do you eat per day?

- 1
- 2
- 3
- 4
- 5
- More than 5

\*Single choice

14. Please describe your current diet

- High in fruit and vegetables
- High in animal protein
- High in carbohydrates
- High in processed foods
- Paleo
- Vegetarian
- Vegan

15. What is your typical energy level?

- Low
- Medium
- High
- Inconsistent

\*Single choice

16. What is your quality of sleep?

- Restful
- Restless
- Frequently interrupted
- Not enough
- Too much
- Variable
- Trouble getting to bed
- Trouble falling asleep
- Trouble staying asleep

17. What is your level of stress?

- Low
- Medium
- High
- Variable

\*Single choice

18. What is the source of your stress?

Money, stressing about eating poorly, the future

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19. What do you do to counteract stress?

Work out, watch movies and hang out with friends

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20. Are you currently experiencing any issues with any of the following systems?

- Digestive
- Respiratory
- Endocrine
- Nervous
- Urinary
- Reproductive
- Circulatory
- Endocrine (hormones)
- Lymphatic (immunity)
- Integumentary (skin)
- None of the above

21. What kind of issues? Are you currently receiving any treatment for it?

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22. Do you have any trouble concentrating?

- Never
- Rarely
- Sometimes
- Often
- All the time

\*Single choice

23. Do you trouble remembering things?

- Never
- Rarely
- Sometimes
- Often
- All the time

\*Single choice

24. How often do you feel anxious?

- Never
- Rarely
- Sometimes
- Often
- All the time

\*Single choice

25. How often do you feel depressed?

- Never
- Rarely
- Sometimes
- Often
- All the time

\*Single choice

26. Does your current mental state impact the quality of your life? In what way?

Just worried about not being able to do things I want to do

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27. Currently do you feel (check all that apply)

- Stable
- Vital
- Empowered
- Connected
- Expressive
- Insightful
- Inspired

28. How satisfied are you with the quality of your life right now?

- Completely
- Moderately
- Somewhat
- Not really
- Not at all

\*Single choice

29. What do you do for fun? Do you have hobbies?

I like to stay active. I enjoy skateboarding, playing chess, reading, running, studying Spanish

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30. What do you enjoy in your life?

Same as above

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