THE PERRYMOUNT
OSTEOPATHY & NATURAL HEALTH CLINIC

Christian Bates Bsc(Hons) Ost. Med. DO ND
Registered Osteopath & Naturopath,
Certified Metabolic Typing Advisor

CHRISTIAN BATES HEALTH ASSESSMENT INTAKE FORM

Date: Name:

Answer all symptoms as they have been over the last 30 days or since you last filled out this form, which ever was most recent. Simply cross or fill in the appropriate score for each symptom. Use the following scale:

●①②③④ No symptoms at all
⓪●②③④ Suffer occasionally / mild
⓪①●③④ Suffer often / moderate
⓪①②●④ Stuffy often / severe
⓪①②③● Suffer frequently / severe

Nasal / sinus

⓪①②③④ Post nasal drip
⓪①②③④ Sinus pain
⓪①②③④ Runny nose
⓪①②③④ Stuffy nose
⓪①②③④ Sneezing

Lungs

⓪①②③④ Congestion
⓪①②③④ Asthma
⓪①②③④ Wheezing
⓪①②③④ Chronic cough
⓪①②③④ Shortness of breath
⓪①②③④ Cough up phlegm
⓪①②③④ Smoker
⓪①②③④ Shallow breather

Musculoskeletal

⓪①②③④ Joint pains
⓪①②③④ Stiff joints
⓪①②③④ Arthritis
⓪①②③④ Osteoporosis
⓪①②③④ Receding gums
⓪①②③④

Mind

⓪①②③④ Poor memory
⓪①②③④ Confusion, poor comprehension
⓪①②③④ Poor concentration
⓪①②③④ Slurred speech
⓪①②③④ Leaning difficulties

Head / ears

⓪①②③④ Headaches
⓪①②③④ Migraines
⓪①②③④ Earache
⓪①②③④ Ear infection
⓪①②③④ Itchy ears
⓪①②③④ Ringing ears

Skin

⓪①②③④ Acne
⓪①②③④ Eczema
⓪①②③④ Psoriasis
⓪①②③④ Rashes / hives
⓪①②③④ Excessive sweating
⓪①②③④

Cardio-vascular

⓪①②③④ Palpitations
⓪①②③④ High blood pressure
⓪①②③④ Breathlessness
⓪①②③④ Poor circulation
⓪①②③④

Genito-urinary

⓪①②③④ Increased frequency
⓪①②③④ Painful urination
⓪①②③④ Previous infections / cystitis
⓪①②③④ Need to go at night
⓪①②③④ Difficulty starting / stopping
⓪①②③④ Rarely needs to urinate
⓪①②③④ Frequent urges to urinate

Christian Bates, The Perrymount Clinic, 2 Clair Road, Haywards Heath, West Sussex, RH16 3DP.
01444 410944 christian@theperrymount.com www.theperrymount.com www.christianbates.co.uk

Christian Bates Bsc(Hons) Ost. Med. DO ND
Registered Osteopath & Naturopath,
Certified Metabolic Typing Advisor

Weight
- ⓪①②③④ Overweight
- ⓪①②③④ Underweight
- ⓪①②③④ Gain weight easily
- ⓪①②③④ Difficult to lose weight
- ⓪①②③④ Dieting hasn't worked
- ⓪①②③④ Exercise doesn't help
- ⓪①②③④ Weight gain around hips
- ⓪①②③④ Weight gain around abdomen
- ⓪①②③④ Weight gain all over

Digestion
- ⓪①②③④ Bloating
- ⓪①②③④ Diarrhea
- ⓪①②③④ Constipation
- ⓪①②③④ Heartburn / reflux
- ⓪①②③④ Indigestion
- ⓪①②③④ Intestinal cramps / pain
- ⓪①②③④ Excess belching / burping
- ⓪①②③④ Gas, bottom end / flatulence
- ⓪①②③④ Nausea vomiting
- ⓪①②③④ Bad breath
- ⓪①②③④ Coated tongue
- ⓪①②③④ Have pets eg cats, dogs, farm animals
- ⓪①②③④ International travel

Dental
- ⓪①②③④ Fillings
- ⓪①②③④ Mercury fillings
- ⓪①②③④ Root canals
- ⓪①②③④ Frequent infections
- ⓪①②③④ Other dental work

Women / hormones
- ⓪①②③④ Irregular periods
- ⓪①②③④ Painful periods
- ⓪①②③④ Heavy periods
- ⓪①②③④ Long term contraceptive pill
- ⓪①②③④ PMT / PMS / mood swings
- ⓪①②③④ Menopause / hot flushes
- ⓪①②③④ Dark blood clots

Thyroid
- ⓪①②③④ Tired / sluggish
- ⓪①②③④ Hair loss
- ⓪①②③④ Miscarriages
- ⓪①②③④ Infertility
- ⓪①②③④ Cold hands and feet
- ⓪①②③④ Gains weight easily
- ⓪①②③④ Flush easily

Dominant emotions
- ⓪①②③④ Anger / aggressiveness
- ⓪①②③④ Anxiety / nervousness
- ⓪①②③④ Depression
- ⓪①②③④ Fear
- ⓪①②③④ Mood swings
- ⓪①②③④ Joy
- ⓪①②③④ Worry
- ⓪①②③④

Food
- ⓪①②③④ Shaky / faint if hungry
- ⓪①②③④ Palpitations if hungry
- ⓪①②③④ Awaken in early hours of morning
- ⓪①②③④ Hard to get back to sleep
- ⓪①②③④ Need coffee, chocolate or sweets when tired
- ⓪①②③④ Craves sweets
- ⓪①②③④ Thirsty much of time
- ⓪①②③④ Diabetes in family history
- ⓪①②③④ Are vegetarian / vegan

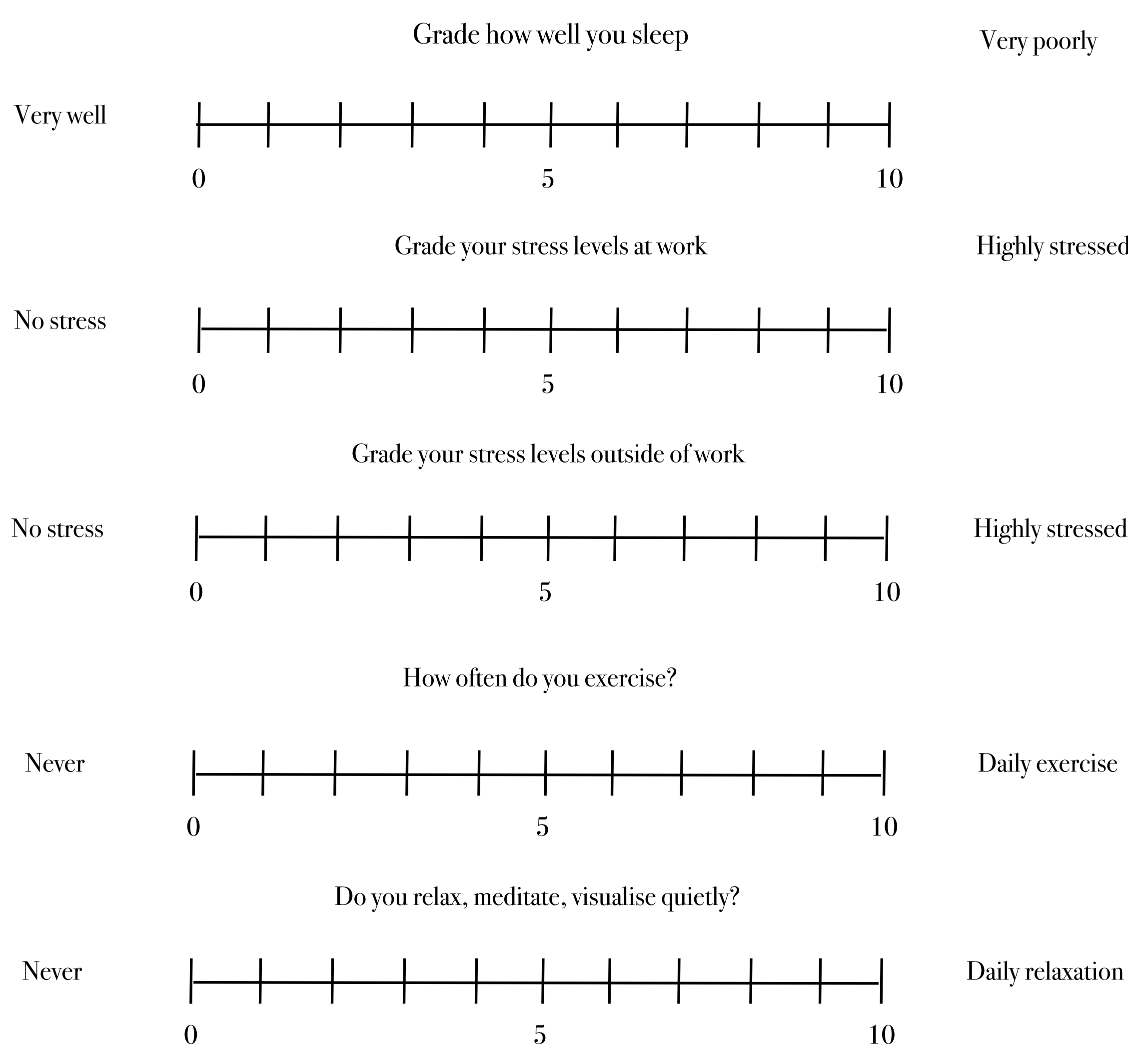
Stress / adrenals
- ⓪①②③④ Significant stress / emotional issues
- ⓪①②③④ Crave salt
- ⓪①②③④ Always tired
- ⓪①②③④ Long time to wake in morning
- ⓪①②③④ Lightheaded or dizzy, especially on rising from sitting or lying
- ⓪①②③④ Irritable / nervous stomach
- ⓪①②③④ Anxiety / nervousness / depression
- ⓪①②③④ Decreased sex drive
- ⓪①②③④ My tolerance has decreased
- ⓪①②③④ Colds last longer than a week
- ⓪①②③④ Chronic fatigue
- ⓪①②③④ Allergies
- ⓪①②③④ Sensitive to bright lights

THE PERRYMOUNT
OSTEOPATHY & NATURAL HEALTH CLINIC

Christian Bates Bsc(Hons) Ost. Med. DO ND
Registered Osteopath & Naturopath,
Certified Metabolic Typing Advisor

List your top three or more conditions that you would like to get rid off:

1.
2.
3.
4.
5.



Grade how well you sleep

Very well — 0 — 5 — 10 — Very poorly

Grade your stress levels at work

No stress — 0 — 5 — 10 — Highly stressed

Grade your stress levels outside of work

No stress — 0 — 5 — 10 — Highly stressed

How often do you exercise?

Never — 0 — 5 — 10 — Daily exercise

Do you relax, meditate, visualise quietly?

Never — 0 — 5 — 10 — Daily relaxation

Christian Bates, The Perrymount Clinic, 2 Clair Road, Haywards Heath, West Sussex, RH16 3DP.
01444 410944 christian@theperrymount.com www.theperrymount.com www.christianbates.co.uk

Christian Bates Bsc(Hons) Ost. Med. DO ND
Registered Osteopath & Naturopath,
Certified Metabolic Typing Advisor

The foods you eat:

On average how many times do you eat / drink the following per day or week, or enter in your own frequency i.e. coffee, twice per week

Are you vegetarian?	Yes / No
Glasses of water	Per day:
Coffee / tea	Per day:
Red meat	Per week:
Pieces of fruit	Per day:
Portions of vegetables	Per day:
Chicken portions	Per week:
Oily fish	Per week:
Glasses of Milk	Per week:
Wheat bread / pasta	Per week:
Portions of cheese	Per week:
Sugar, cakes, fizzy drinks	Per week:
Units of alcohol	Per week:
Meals out of a packet	Per week:

Christian Bates, The Perrymount Clinic, 2 Clair Road, Haywards Heath, West Sussex, RH16 3DP.
01444 410944 christian@theperrymount.com www.theperrymount.com www.christianbates.co.uk