



**Catalyst Nutrition**

604 Barkly Street,  
Golden Point, 3350

### Confidential Patient Information Form

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Mobile: \_\_\_\_\_ Home: \_\_\_\_\_

Email: \_\_\_\_\_ DOB: \_\_\_\_\_

Gender: Male  Female  Nonbinary  Occupation: \_\_\_\_\_

Weight (kgs): \_\_\_\_\_ Height (cms): \_\_\_\_\_ Smoker: YES/NO

Children: \_\_\_\_\_

Current GP: \_\_\_\_\_ Ph: \_\_\_\_\_

Specialist: \_\_\_\_\_ Ph: \_\_\_\_\_

Have you seen a Natural Health Practitioner before? I.e. Naturopath/ nutritionist / herbalist. YES/NO

Interested in or heard of the Ultra Lite program? YES/NO

Presenting Symptoms: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

History of current medical condition/s: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Current Medications: List and include strength and dosage \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Current Supplements: List and include brand name, strength and dosage \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Test Results? Please attach copies of any blood tests/ scans.

## Family Medical History

Mother: \_\_\_\_\_ Father: \_\_\_\_\_

Maternal Grandmother: \_\_\_\_\_ Paternal Grandmother: \_\_\_\_\_

Maternal Grandfather: \_\_\_\_\_ Paternal Grandfather: \_\_\_\_\_

## Diet

Vegetarian                      Yes      No      Vegan                      Yes      No

Gluten Free                      Yes      No      Dairy Free                      Yes      No

Allergy Testing      Yes      No      Results? \_\_\_\_\_

Any foods you avoid the cause problems: \_\_\_\_\_

Any foods that you crave/ must have: \_\_\_\_\_

Any foods you dislike: \_\_\_\_\_

## Diet Dairy

Breakfast: \_\_\_\_\_

Morning Tea: \_\_\_\_\_

Lunch: \_\_\_\_\_

Afternoon Tea: \_\_\_\_\_

Dinner: include dessert \_\_\_\_\_

Snacks: what and when \_\_\_\_\_

Tea: \_\_\_\_\_ Coffee: \_\_\_\_\_

Soft Drinks: \_\_\_\_\_ Energy Drinks: \_\_\_\_\_

Alcohol: \_\_\_\_\_ Water intake: \_\_\_\_\_

Extra Food Dairy Details: \_\_\_\_\_

