

Fuller Options Follow Up Form

Name: _____ Best Phone: _____
Address: _____ City: _____ State: _____ Zip: _____
Email: _____

Overall health (check one): Excellent Good Fair Poor Other:

Rate your compliance concerning your supplement use since last appointment (circle one):

- Excellent:** I took the supplements every day as directed
- Good:** I took the supplements every day, but occasionally forgot a dose.
- Fair:** I took the supplements as directed, but stopped for 3-5 days at some point.
- Poor:** I took the supplements 50% of the time.
- Bad:** I took the supplements less than 50% of the time.
- Other/Comments:**

Rate your compliance concerning dietary suggestions since last appointment (circle one):

- Excellent:** I had at least 4c of RAW vegetables, 2 fruits, and half of my body weight in ounces of water per day. I cut out all processed foods.
- Good:** I had at least 4c of RAW vegetables per day, 2 fruits, and half of my body weight in ounces of water per day. I did not cut out all processed foods.
- Fair:** I had 4c of RAW vegetables per day, 2 fruits, and half of my body weight in ounces of water per day about 50% of the time.
- Poor:** I had 4c of RAW vegetables per day, 2 fruits, and half of my body weight in ounces of water per day less than 50% of the time.
- Bad:** I did not change any of my dietary habits.
- Other/Comments:**

What improvements have you noticed?

What can we do to make you happier?

What kind of prescription medication do you take?

What are your medications for?

How many ounces of water do you drink daily?

How many bowl movements do you have per day?

1 to 10, 10 being the highest level of energy, how much energy do you have?

What do you normally eat for breakfast?

What do you normally eat for lunch?

What do you normally eat for dinner?

What do you normally eat for snacks?

If you consume the following foods more than two times per week please put a check by it.

Alcohol	Bread	Chips
Soda	Pasta	Chocolate
Coffee	Cookie/Brownie/Pastry	Candy
Cow's Milk	Tortilla	Cigarette