

method mindful

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Ayurvedic Assessment

Welcome to our virtual office! Please take a few moments to tell us about yourself.

Instructions (please send completed paperwork & photos at least 3 business days prior to your scheduled appointment):

4 photos - for a component of the physical assessment please provide:

- full length of your body from the front (arms by your sides, relaxed)
- face
- hand - palm side (straight up and down, like you're giving a high-five)
- tongue - up close (best to add natural light or flash to avoid shadows)

Complete on a Computer

1. Save this form to your computer.
2. Fill out form, it's a fillable pdf file.
3. You can type your signature into the signature fields.
4. Save this completed form to your computer and upload it securely here: [WEBPAGE LINK]

Complete Handwritten

1. Print out this form.
2. Fill out form & sign with ink (print clearly).
3. Scan/take picture and upload all pages securely here: [WEBPAGE LINK]

Date:

Referred By:

Name:

Parent/Guardian:

Address:

City:

State:

Zip:

Home Phone:

Work:

Cell:

Email Address:

Send me your free health newsletter:

Date of Birth:

Age:

Weight:

Height:

of Children:

of Siblings:

Marital Status: Married Single Partner Separated Divorced Widow(er)

Occupation/School:

Employer:

How did you hear about us?:

Please share why you have chosen to have an Ayurvedic Consultation:

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