Wellness Discovery Intake

A general conversation starter about interests, routines, and preferences.

Name	

What are you curious about?

■	Healthy habits and routines
■	Nutrition and hydration education
■	Weight management principles
■	Hair, skin, and nail wellness
■	Beauty services
■	Faith and encouragement

What would you like to explore?

Topics, habits, or questions	
Notes	

Wellness Discovery Intake

Daily life and support preferences

A routine I enjoy	

Optional faith encouragement

■	Yes, I would appreciate optional Scripture encouragement
■	I would like general wellness education only
■	I am undecided

Questions for LEI

Please keep responses general	
Notes	

This form is for non-medical wellness education and goal-setting. It is not a clinical intake or health assessment.