



New Client

“Are You Ready?” Questionnaire

Rate on a scale of 5 (*very willing*) to 1 (*not willing*)

IN ORDER TO IMPROVE YOUR HEALTH, HOW WILLING ARE YOU TO:

Significantly modify your diet

- 5 – very willing
- 4 – somewhat willing
- 3 – unsure/need more information
- 2 – hesitant
- 1 – not willing

Practice relaxation techniques

- 5 – very willing
- 4 – somewhat willing
- 3 – unsure/need more information
- 2 – hesitant
- 1 – not willing

Take nutritional supplements

- 5 – very willing
- 4 – somewhat willing
- 3 – unsure/need more information
- 2 – hesitant
- 1 – not willing

Engage in regular exercise

- 5 – very willing
- 4 – somewhat willing
- 3 – unsure/need more information
- 2 – hesitant
- 1 – not willing

Modify your lifestyle (i.e. work demands)

- 5 – very willing
- 4 – somewhat willing
- 3 – unsure/need more information
- 2 – hesitant
- 1 – not willing

Have periodic lab tests run to assess your progress

- 5 – very willing
- 4 – somewhat willing
- 3 – unsure/need more information
- 2 – hesitant
- 1 – not willing

Total score:

If your score is 22–30: you’re definitely ready to begin working with Dr. Gosselin.

If you score is below 22: you want to be ready and are curious about the possibility of working with Dr. Gosselin. Our website has information on the Functional Medicine Approach and Blog articles that are the perfect next step in learning more.