



GENESIS
Health Solutions
WHERE HEALTH BEGINS

Please list how many days per week you are eating OUT (1-7) beside each meal time, give me some examples of your most frequented spots.

Breakfast: _____ Days per week.

Where: _____

Lunch: _____ Days per week.

Where: _____

Dinner: _____ Days per week.

Where: _____

What time do you wake up in the morning? _____

What time do you leave your house for work/school/errands? _____

What is your favorite food? _____

What is your favorite restaurant? _____

Do you wake up hungry? _____

1088 Vista Park Drive, Suite C
Forest, VA 24551

phone #: 434-316-0001
fax #: 434-385-1115
email: frontdesk@drtanzar.com
website: genesishelthsolutions.net