# **sasha yoga + wellness**

**wellness + lifestyle strategy questions**

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**What is your main health concern?**

**What have you done in the past to work on this health condition?**

**What has proven effective?**

**What is your current diet like? Please be specific, list breakfast, lunch, dinner, and snacks and times to eat.**

**Are you taking any supplements? Please list what you take and what it’s for.**

**Where would you like your health to be 3 months for now? How about 6 months from now?**

**What obstacles, challenges, and struggles do you come up with regarding diet/lifestyle?**

**What do you hope to get out of our time together?**

**What are 5 things you LOVE about your life?**