



15 MINUTE

CONSULT WITH SHARON

Give some thought to these questions.

Jot down any notes, important for us to discuss together.

1

What is your biggest physical concern?

2

Ever get discomfort or stiffness in any body parts?

- Has it worsened or slowed you down?

3

Do you have pain that can be moderate or severe?

- What is a typical % of time it occurs in a week?
- Are you currently under medical treatment?
- Is there anything that helps?
 - Do you take any medicine for it?

4

Any medical diagnoses you're concerned about getting worse, over time?

5

Any physical activity you're limited or unable to do? Here are some to consider:

- Household daily activities
- Tennis, Pickle ball, Golf or Walking
- Exercise

6

Do you have the balance confidence you want?

7

Now, and looking ahead, *where* would you want to see improvement?

