



Non-Members Welcome at No Additional Cost  
703-801-2429

## Personal Data and Health Form – Initial Client Intake Form

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Occupation(s) \_\_\_\_\_ Referred by: \_\_\_\_\_

Email address (Print clearly) \_\_\_\_\_

Today's primary concern/goal? \_\_\_\_\_

Have you ever had a professional massage? Yes \_\_\_\_\_ No \_\_\_\_\_ If so, how often? \_\_\_\_\_

Do you experience headaches? Yes \_\_\_\_\_ No \_\_\_\_\_

Do you have osteoporosis? Yes \_\_\_\_\_ No \_\_\_\_\_

Do you have trouble sleeping? Yes \_\_\_\_\_ No \_\_\_\_\_

Do you consume excessive amounts of caffeine? Yes \_\_\_\_\_ No \_\_\_\_\_

Do you have low back pain? Yes \_\_\_\_\_ No \_\_\_\_\_

Do you have blood clots? Yes \_\_\_\_\_ No \_\_\_\_\_

Do you have mental or physical stress? Yes \_\_\_\_\_ No \_\_\_\_\_

Do you have chronic pain? Yes \_\_\_\_\_ No \_\_\_\_\_

Do you workout regularly? Yes \_\_\_\_\_ No \_\_\_\_\_

Have you had a recent surgery? Yes \_\_\_\_\_ No \_\_\_\_\_

Are you pregnant? Yes \_\_\_\_\_ No \_\_\_\_\_

Is there a particular area on your body where you tend to hold tension? If yes, explain:  
\_\_\_\_\_

Is there any other medical condition we should be made aware of? If yes, explain:  
\_\_\_\_\_

I have read the above information and discussed it with my practitioner. I understand that this work does not constitute medical treatment. It is a form of health and wellness maintenance utilizing the techniques of traditional Swedish massage. I have stated all medical conditions that I am aware of and will inform my practitioner of any changes in my health status. All information above will be treated confidentially.

Please note we require a 24-hour cancellation notice. Clients will be charged for missed appointments and cancellations less than 24-hours before scheduled appointment.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print name \_\_\_\_\_