

# LIFESTYLE MEDICINE CASE CARD

© Project conceived and developed by Dr Sunil Kumar & Dr Helen Gripper.

## Patient Profile

Age:  
Gender:  
Occupation:  
Family Status:

## Chief Concern

Description of patient's primary concern

History of presenting concern

## Past medical history

Inc. drug history prescribed and OTC

## What's important

Patient's goals, values, what brings meaning

## Lifestyle Assessment

1

Healthy Eating

2

Physical Activity

3

Sleep

4

Mental Wellbeing

5

Harmful Substances

6

Social Connection/Environment

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## Lifestyle Interventions

1

Healthy Eating

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Physical Activity

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Sleep

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Mental Wellbeing

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Harmful Substances

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Social Connection/Environment

## Physical and Laboratory Test

List results of examinations, biometrics and tests

Patient Education

Follow up Plan

## Outcome

