Thank you so much for your interest in booking a discovery session. My goal is to help you get the most of our time together. Please fill out this questionnaire and submit it to my e-mail address: [lunavoda@icloud.com](mailto:lunavoda@icloud.com)

I will contact you within a 24h window with my availability.

1. Your Name:
2. What is your motivation to make a change in your life? \*
3. What have you done in the past to work on this health condition?

(include both alternative and traditional modalities.) \*

1. What has proven effective? \*
2. What is your current diet like? Please be specific; list breakfast, lunch, dinner, and snacks, as well as the times you eat. \*
3. Are you taking any supplements? Please list what you take and what it is for.  \*
4. What would you like your health to be 30 days from mow? How about 90 days from now? How would you feel if you got this result? \*
5. What obstacles, challenges, and struggles do you come up with regarding diet/lifestyle? \*
6. What are 5 things you LOVE about your life?
7. Where do you need the most support during our session?