



1 Standard drink = ½ Pint Beer, Lager or Cider, 1 small glass of wine or a single measure of spirit.

1 ½ Standard drinks= Alco-pops (330ml bottle)

2 Standard drinks= 1 pint of Beer, Lager, or Cider, 1 large glass of wine or a double measure of spirit

**Please tick the boxes appropriate for you:**

Questions	Scoring System				
	0	1	2	3	4
How often do you have a drink that contains alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week
How many standard alcoholic drinks do you have on a typical day when you are drinking?	1-2	3-4	5-6	7-8	10+
How often do you have 6 or more standard drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily

**Total Score:.....**

**Smoking: (please tick appropriate boxes)**

Ex Smoker		Never Smoked	
Date Stopped.....			
Current Smoker		Rolled Tobacco	
Cigarettes per day		How many or oz/grams per day?	

**Height.....**

**Weight.....**

**Exercise: (please circle as appropriate)**

Exercise physically impossible

Avoids Exercise

Enjoys Light Exercise

Enjoys Moderate Exercise

Enjoys Heavy Exercise

Competitive Athlete

**Are you currently receiving treatment for any medical conditions? Yes No**

If yes, please provide details.....  
 .....

**Are you currently taking any medication? Yes No**

If yes, please provide details.....  
 .....

**\* YOU WILL NEED TO SEE A GP AND BRING DETAILS OF YOUR MEDICATION BEFORE A PRESCRIPTION CAN BE ISSUED BY THE PRACTICE.**

	Do you have:		Does a family member have:		Who?
	Yes	No	Yes	No	.....
Diabetes	Yes	No	Yes	No	.....
High Blood Pressure	Yes	No	Yes	No	.....
Asthma	Yes	No	Yes	No	.....
Heart Disease	Yes	No	Yes	No	.....
Stroke	Yes	No	Yes	No	.....
Cancer	Yes	No	Yes	No	.....
Which type of cancer?.....					.....
Other.....			Yes	No	.....

**Please give details of your past medical history.....**  
 .....