

The 3 Day Journey

Name: _____ Todays date: _____

Journey Dates: From _____ to _____

Arrival time _____ Departure time _____

Food and Medical

List any allergies

List foods you don't care for

Medical and/or health challenges _____

Current water intake for the day (not tea, juice etc) _____

I would like:

___ 3 days of organic juice and/or smoothies **only**

___ 2 organic juice/day and organic healthy meals

___ 1 organic juice/day and organic healthy meals

___ I'd like to lose a little weight

___ I'd like to learn how to fix a few healthy recipes

___ I just want to be served great food and not fix anything myself

___ Other

Exercise

Currently my exercise consists of

On my 3 day program I would like to incorporate

___ walking

___ hiking

___ swimming in pool

___ indoor rowing

___ weights

___ rebounder

___ other

Bodywork

Currently I receive _____

What I would like to receive while on my 3 day program is

- deep tissue
 - light nurturing massage
 - foot reflexology/massage
 - old fashioned back rub
 - none
 - other
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Detox Baths

Based on your history and preference

- relaxation (herbs and oils)
 - heavy metals (clay)
 - purification (apple cider vinegar or epsom salts)
 - foot bath with one of the above
 - need more information
 - none of the above
 - other
-

Infrared Sauna

- 20 - 30 min /day
- need more information

Learning Interest(s)

- Bulletproof coffee
 - smoothies
 - healthy lunch
 - tasty dessert
 - growing sunflower greens
 - earthing
 - sprouting
 - infrared sauna
 - oil pulling
 - detoxing
 - other _____
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Meditation/ Quiet Time / Rest

- I meditate don't meditate would like to learn
- I like to rest in the afternoon at about _____ for _____ hrs/min
- I am not a napper
- I would enjoy having silent, reflective, meditative time(s) in my day

Something in Life Unfinished or Avoided

Many of us have issues we have not resolved. Example: a letter we have wanted to write, a person we would like to apologize to, a debt we haven't paid, etc.

I can think of something I would like support with

I can't think of anything right now but I am open

NVC coaching Sessions on Specific Topics or Issues

- relationship
 - learning to speak up about things that can be difficult to say
 - learning to understand my feelings and needs better
 - other _____
-
-

Personal challenge

A few examples of a challenge (from others I have worked with)
cycling 10 miles, overcoming fear of flying in an airplane, speaking in front of groups,
losing 20 pounds, getting off inhalers

- I would like support with my challenge
 - This is what I would like for my challenge
-

Can't think of anything right now but I am open

What you most want to take away from this 3 day experience. (To be written up pre-program)

WHAT TO BRING

- personal items
- light robe
- flip flops
- sun hat
- swim wear
- comfortable loose, preferably cotton clothing
- shoes for walking/hiking
- light jacket
- your own pillow if you are attached to it
- vitamins you take daily
- prescription meds

Notes from 30 min free consultation (pre program)

NOTES FROM FOLLOW-UP SKYPE CALL AFTER 3 DAY COMPLETION
