



THE  
MIDLIFE  
RESET

INTAKE

VANESSA LONG

# *The basics*

## Name

Legal Name	.....
Preferred Name (if different)	.....
Preferred pronouns	.....
Emergency contact	.....

## Address

Street Address	.....
City / Prov. / Postal	.....
Email Address	.....
Phone Number	.....

## Birthday

Birthdate YYYY/Month/DD ex. 1982 / May / 27	.....
Birth time	.....
Birthplace	.....

# The big picture

There are at least 30 symptoms that have been linked to the hormonal fluctuations of midlife. Here are a few of the most common. Tick off any that you've been dealing with and rate their severity in the last 3 months.

Yes	Not a problem	0	1	2	3	4	5	A big problem
<input type="checkbox"/>	Hot flashes / Night sweats	0	1	2	3	4	5	
<input type="checkbox"/>	Headaches	0	1	2	3	4	5	
<input type="checkbox"/>	Insomnia / Poor sleep	0	1	2	3	4	5	
<input type="checkbox"/>	Feeling depressed / anxious	0	1	2	3	4	5	
<input type="checkbox"/>	Vaginal changes / discomfort	0	1	2	3	4	5	
<input type="checkbox"/>	Feeling impatient / irritable	0	1	2	3	4	5	
<input type="checkbox"/>	Muscle or Joint aches or pains	0	1	2	3	4	5	
<input type="checkbox"/>	Digestive issues / bloating	0	1	2	3	4	5	
<input type="checkbox"/>	Tired / Exhausted / Burned out	0	1	2	3	4	5	
<input type="checkbox"/>	Brain fog / Poor memory	0	1	2	3	4	5	
<input type="checkbox"/>	Dry skin / Acne	0	1	2	3	4	5	
<input type="checkbox"/>	Weight gain / loss	0	1	2	3	4	5	
<input type="checkbox"/>	Leaking urine	0	1	2	3	4	5	
<input type="checkbox"/>	Abnormal / No periods	0	1	2	3	4	5	
<input type="checkbox"/>	Lack of sex drive	0	1	2	3	4	5	

“

our body exhibits a unique combination of symptoms and, taken in context, they are also a predictable and explainable adaptation to our unique life story

Our bodies weave a complex story. In the space below, briefly describe the physical symptoms that are troubling you most.

Our Midlife Reset goes beyond the physical to the emotional, mental, and spiritual. How is your general state of Mind, where are you feeling troubled, or not quite right? Are there any monthly or seasonal patterns you've noticed?



“

realizing that we've got a lot of life left to live, we decide it's time to replenish our bodies and minds, clear out old traumas, re-balance our hormones, clean up any lingering messes, and step with fresh and determined purpose into our next adventure... this is our Midlife Reset.

It's so common to focus on what's not working at midlife, this space is to celebrate the growth and awarenesses you've had. What's working better than ever?

What are your top questions or concerns that you'd like to address in our work together?

