



Health & Wellness

Private Consult Questionnaire

Individual wellness consults designed to meet YOUR wellness needs! 20 min wellness consults are available to be scheduled with our Health and Wellness Advisor, Paige. Paige will sit down with you at our Red River Coop Southdale location to address your specific wellness goals and devise an overall lifestyle plan to support your wellness vision and goals. Whether it is preparing for a sporting event, school exam, work meeting, or tackling day to day tasks, having an individualized lifestyle plan will help you to excel in the driver seat of your own health and wellbeing, so you can thrive in a state of optimal performance!

Fill out the below Wellness Questionnaire, and Paige will be in touch with you to schedule your first initial consult.

Wellness is integrative, it's about bio-individuality! No one eating regime, movement plan, or mindset strategy fits everyone! Everyone is built differently, and therefore will have different nutritional, mindset, and movement requirements. Wellness is meant to be fun, simple, yet effective!

Paige is Red River Coop's Health and Wellness Advisor located at our Southdale store! Paige is a certified Holistic Health Coach, and holds her B.A. in Psychology. Paige is passionate about all thing's; mindset, nutrition, and movement, focusing on an integrative approach to wellness. Her mission is to create a ripple effect in our community to achieve overall optimal performance (healthy mind, body, and soul), empowering others to live a healthy and authentic life. Its not about a quick short- term fix, but rather a long- term healthy lifestyle .

Personal Information:

Name :

Age :

Gender :

Current Occupation :

work hours / week :

Contact information (phone/email) – *This is to be in touch for scheduling a consult*

Wellness Information:

Please list your main wellness concerns :

Please list your top wellness goals :

When do you feel your best?

Do you have any present health conditions? (if so, please indicate which ones)

Please list any forms of movement/exercise you incorporate into your day

How many hours of sleep do you get roughly each night on average?

On a scale of 1-10 (10-high, 1-low), where does your stress level fall?

1 2 3 4 5 6 7 8 9 10

Do you experience any digestive discomfort? Eg. bloating, constipation, gas, abdominal pain etc ?

Are you currently taking any natural supplements? (if so, please indicate) :

Are you on any medications? If so, please list.

What does your day to day eating regime look like?

Do you experience cravings? If so, what are those cravings?

What percentage of your food is home cooked?

Anything else you would like to share?

"Health is your biggest form of wealth" - Paige

Wellness Liability Waiver

Description of Coaching: Coaching is partnership (defined as an alliance, not a legal business partnership) between the Coach and the Client in a thought-provoking and creative process that inspires the client to maximize personal and professional potential. It is designed to facilitate the creation/development of personal, professional or business goals and to develop and carry out a strategy/plan for achieving those goals.

1) Coach-Client Relationship. Client is solely responsible for creating and implementing his/her own physical, mental and emotional well-being, decisions, choices, actions and results arising out of or resulting from the coaching relationship and his/her coaching calls and interactions with the Coach. As such, the Client agrees that the Coach is not and will not be liable or responsible for any actions or inaction, or for any direct or indirect result of any services provided by the Coach. Client understands coaching is not therapy and does not substitute for therapy if needed, and does not prevent, cure, or treat any mental disorder or medical disease. Client acknowledges that coaching is a comprehensive process that may involve different areas of his or her life, including work, finances, health, relationships, education and recreation. The Client agrees that deciding how to handle these issues, incorporate coaching principles into those areas and implementing choices is exclusively the Client's responsibility. Client acknowledges that coaching does not involve the diagnosis or treatment of mental disorders as defined by the Canadian Psychiatric Association and that coaching is not to be used as a substitute for counseling, psychotherapy, psychoanalysis, mental health care, substance abuse treatment, or other professional advice by legal, medical or other qualified professionals and that it is the Client's exclusive responsibility to seek such independent professional guidance as needed. If Client is currently under the care of a mental health professional, it is recommended that the Client promptly inform the mental health care provider of the nature and extent of the coaching relationship agreed upon by the Client and the Coach. The Client understands that in order to enhance the coaching relationship, the Client agrees to communicate honestly, be open to feedback and assistance and to create the time and energy to participate fully in the program.

2) Procedure. The time of the coaching meetings and/or location will be determined by Coach and Client based on a mutually agreed upon time.

3) Confidentiality. This coaching relationship, as well as all information (documented or verbal) that the Client shares with the Coach as part of this relationship, is bound by the principles of confidentiality. However, please be aware that the Coach-Client relationship is not considered a legally confidential relationship (like the medical and legal professions) and thus communications are not subject to the protection of any legally recognized privilege. The Coach agrees not to disclose any information pertaining to the Client without the Client's written consent. The Coach will not disclose the Client's name as a reference without the Client's consent. Confidential Information does not include information that: (a) was in the Coach's possession prior to its being furnished by the Client; (b) is generally known to the public or in the Client's industry; (c) is obtained by the Coach from a third party, without breach of any obligation to the Client; (d) is independently developed by the Coach without use of or reference to the Client's confidential information; or (e) the Coach is required by statute, lawfully issued subpoena, or by court order to disclose; (f) is disclosed to the Coach and as a result of such disclosure the Coach reasonably believes there to be an imminent or likely risk of danger or harm to the Client or others; and (g) involves illegal activity. The Client also acknowledges his or her continuing obligation to raise any confidentiality questions or concerns with the Coach in a timely manner.

4) Limited Liability. Except as expressly provided in this Agreement, the Coach makes no guarantees, representations or warranties of any kind or nature, express or implied with respect to the coaching services negotiated, agreed upon and rendered. In no event shall the Coach be liable to the Client for any indirect, consequential or special damages.

5) Entire Agreement. This document reflects the entire agreement between the Coach and the Client, and reflects a complete understanding of the parties with respect to the subject matter. This Agreement supersedes all prior written and oral representations. The Agreement may not be amended, altered or supplemented except in writing signed by both the Coach and the Client.

6) Dispute Resolution. If a dispute arises out of this Agreement that cannot be resolved by mutual consent, the Client and Coach agree to attempt to mediate in good faith for up to (certain amount of time such as 30 days) after notice given. If the dispute is not so resolved, and in the event of legal action, the prevailing party shall be entitled to recover attorney's fees and court costs from the other party.

7) Waiver. The failure of either party to enforce any provision of this Agreement shall not be construed as a waiver or limitation of that party's right to subsequently enforce and compel strict compliance with every provision of this Agreement.

Signature :

Date :