

The Center for Nutrition & Life Management, Inc

“ELITE”

Inner Circle Membership Questionnaire

Thank you for your interest in our Elite Inner Circle Membership. Your Membership contains all the advantages of the Gold; Platinum & Elite Memberships ... all in one.

Member's Name: _____ **Phone:** _____

Address: _____ **Date of Birth:** _____

City, State, Zip Code: _____ **Blood Type:** _____

Your e-mail address: _____ **Fax :** _____

Occupation: _____ **Phone:** _____

Next of Kin: _____ **Phone:** _____

Referred by: _____ **Today's Date:** _____

Questionnaire Instructions:

1. Please complete the form
2. Answer all the questions as they apply to you NOW, not the way you used to be or think you should be, etc.
3. Make a copy of it and mail the completed and signed original with your 50% non-refundable Deposit by Certified Check **only** to The Center for Nutrition ... 1 Glowing Health Way ... Box 26-3030 ... Daytona Beach, FL 32126. Payment for 2 remaining installments will be due beginning 30 days from the date of your deposit by either certified check or credit card. If paying by credit card please complete page 27.

Please indicate any condition that you have had in the past or have now by circling either **YES** or **NO** and fill in blank spaces where indicated. Answers to the following questions are for our records and are strictly confidential.

Are you currently under the care of a physician? **YES** or **NO**

Physician's Name & Phone Number: _____

Do you have problems with any of the following systems in your body? (Circle the one that applies to you)

- | | |
|-----------------------|-------------------------|
| Cardiovascular | YES or NO |
| Respiratory | YES or NO |
| Glandular | YES or NO |
| Digestive | YES or NO |
| Immune | YES or NO |
| Urinary | YES or NO |
| Nervous | YES or NO |
| Reproductive | YES or NO |
| Muscular | YES or NO |
| Skeletal | YES or NO |

Explain your condition:

BODY STRUCTURE

(just check the one that applies to you)

Build (at ideal weight)

- Tend toward a lean, wiry, thin, rangy or gangly build
- Average build
- Tend toward a stockier, wider or thicker-type build

Cellulite = I tend to accumulate cellulite on . . .

- Upper arms
- Upper hips
- Lower hips / buttocks
- Front thighs
- Outer thighs (saddlebags)
- Knees
- Upper back

Cellulite, Main Area where cellulite accumulates . . .

- Knees and/or chest / breasts
- Stomach and/or back
- Buttocks and/or outer thighs (in "saddlebags")
- Upper thighs
- All over (not accumulated in specific areas)

Fat Distribution, From a Back View, most of my excess weight (fat) is...

- Around the waist (in "love handles")
- Especially across the upper back (but also may have thickening all over body)
- Below the waist and/or in the rear
- Fat accumulates all over (not in specific areas)

Fat Distribution, From Front and Side Views, most of my excess weight (fat) is...

- Across (protruding) stomach in a pouch, "beer-belly" or "pot-belly", and also across chest
- Across the stomach in a roll(s), (in a "spare-tire")
- On outer thighs and in rear
- Evenly distributed all over, including around knees, not more above or below waist

Fat Distribution, Hands and Feet

- Tend to put fat on hands/feet
- Never get fat on hands/feet

Rib Cage

- Tend toward smaller, narrower, or thinner-type rib cage / chest
- Average-sized rib cage / chest
- Tend toward large, round, or deep rib cage, "barrel-chested"

Weight

- Currently am overweight
- Currently am at a good weight for me
- Currently am underweight

Female Only

Body Shape At Ideal Weight = the weight at which you look and feel your best

- Not fat but full-figured; strong, sturdy; carry more mass above than below waist
- Lean, slender, fine-boned, graceful, good balance of mass above and below waist
- Slim with curvy hips and rear; upper body notably smaller than lower body; lower body appears stronger than upper body
- Appear childlike, underdeveloped, or more girlish appearance, appear in the body more like a young girl than a woman

Body Shape With Extra Weight

Select the answer which BEST describes how your body accumulates weight (gains fat), when it changes from your ideal weight to excess weight

- Stocky, square, heavy limbed, a general thickening all over, full-figured, no pronounced curve at waist or hips, weight on upper back, prominent stomach, carry more weight on front than on back, may show extra weight on hands, feet, face; rear gains less weight than stomach area
- Body well-shaped/proportioned but noticeably heavier, fuller in the middle (waist, hips, thighs), than in the extremities. Neck, arms, calves, ankles gain much less mass than middle and may appear thin. Fairly even proportion between upper and lower body with well-defined waist.
- Upper body (above waist) appears noticeably smaller (even 1-1.5 sizes smaller) than lower body (below waist); carry most extra weight in rear and outer thighs ("saddlebags"); less weight in stomach than in rear end

___ Childlike shape, underdeveloped look with fat (often like "baby fat") accumulating all over, not in special areas. Pudgy. Undefined outline with little curve at waist. Notable weight accumulation in knees, hands and feet.

Breasts (without implants)

- ___ Have large breasts
- ___ Have average size breasts
- ___ Have small breasts

Buttocks With Extra Weight

- ___ Tend to have a large rear; in profile, it protrudes prominently
- ___ Average rear in proportion to body
- ___ Tend toward a small, flat or "tucked-under" rear

Male Only

Body Shape At Ideal Weight = the weight at which you look and feel your best

- ___ Not fat but strongly built, like a football player; large chest, thick, strong arms and legs
- ___ Appear boyish, slender, like at age 14-15
- ___ Lean, slender, fine-boned, rangy, like a basketball player, long arms and legs

Body Shape With Extra Weight

Select the answer which BEST describes how your body accumulates weight (gains fat), when it changes from your ideal weight to excess weight

- ___ Stocky, square, heavy-limbed, a general thickening all over; protruding stomach ("potbelly"), more weight on upper body, but face, hands, feet all show weight gain; arms and legs also show gain
- ___ Upper and lower body appear well-proportioned, but noticeably heavier, fuller in the middle (waist, hips, thighs), than in the extremities in a "spare tire". Neck, arms, calves, ankles remain leaner looking than your middle
- ___ Childlike or boyish shape, underdeveloped look with fat (often like "baby fat") accumulating all over, not in special areas; pudgy with undefined shape

EYES

Appearance / Look

- Wide-awake look and/or eyes protrude
- Average look to the eyes
- Dreamy look and/or eyes appear deep-set

Blinking

- Go long time without blinking or often stare
- Average blinking activity
- Often blink

Itching Eyes (not from allergy or Candida)

- Often get
- Occasionally get
- Rarely get

Moisture

- Eyes tend to be dry
- Eyes not particularly dry or moist, don't notice
- Eyes notably moist or tearing

Puffiness Around Eyes

- Tend to have
- Occasionally have
- Rarely or never have

Pupil Size (in normal-lighted room) Pupil = black, center portion of eye. Iris = colored portion, encircling pupil

- Takes up more than $\frac{1}{2}$ the width of the iris
- Takes up $\frac{1}{2}$ the width of the iris
- Takes up less than $\frac{1}{2}$ total width of iris

HEAD

Eyebrows

- Thick, heavy or bushy
- Average eyebrow growth
- Thin, light or scanty

Facial Features

- Tend toward angelic, delicate or finely-chiseled features
- Average features, not notably coarse or delicate
- Tend toward more coarse, large or heavy features
- Have child-like facial appearance

Head Shape (bone structure at ideal weight)

- Head tends toward the elongated, with a slender, thin or narrow face
- Average-shaped head, face
- Have more of a squarish or rounded head and face

Head Size

- Head appears slightly large in proportion to body
- Average-sized skull in proportion to body
- Head appears slightly small in proportion to body

MOUTH

Gum Bleeding (from brushing teeth)

- Often occurs
- Sometimes occurs
- Rarely occurs, if ever

Gum Color

- Bright red or pink color
- Medium pink color
- Light or pale pink color

Saliva Amount

- Excessive amount and/or drooling
- Normal amount
- Notable dry mouth tendency

Saliva Quality

- Thick, sticky, stringy, or ropey
- Neither thick nor thin
- Thin, runny, or watery

Swallowing

- Often hard to swallow, throat seems to tighten up
- Sometimes hard to swallow
- Rarely or never hard to swallow

Teeth Sensitivity (to hot, cold or acids)

- Teeth often sensitive
- Teeth occasionally sensitive
- Teeth rarely or never sensitive

SKIN

Cold Sores / Fever Blisters

- Often occur
- Sometimes occur
- Rarely occur, if ever

Dandruff

- Tend to have
- Sometimes have
- Rarely or never have

Ear Coloring (compared to face and neck)

- Flushed, pink, red
- Average
- Light, pale

Facial Coloring

- Flushed, pink, ruddy
- Average (for skin tone)
- Pale

Facial Complexion

- Bright, clear
- Average
- More of a dull, pasty look

Fingernails

- Tend to be thin, weak, bend easily
- Average thickness
- Tend to be thick, strong

Gooseflesh or Goosebumps

- Easily or often form
- Occasionally form
- Rarely form, if ever

Insect Bite Reaction

- Strong reaction, goes away slowly
- Average reaction
- Mild reaction, goes away quickly

Itching Skin (anywhere)

- Often have
- Occasionally have
- Rarely have

Moisture of Skin

- Tends to be dry
- Not particularly dry or moist
- Tends to be moist

Rashes, Hives

- Tend to get
- Occasionally get
- Rarely get, if ever

Scalp Moisture

- Tends to be oily
- Neither dry nor oily
- Tends to be dry

Toughness

- Skin tends to be thick, tough
- Average skin quality
- Skin tends to be thin, weak, delicate

DIGESTION

Belching / Burping After Meals

- Rarely or never need to burp
- Occasionally have burping
- Often have burping

Digestion, Efficiency

- Find meat hard to digest
- Find fats/oils hard to digest
- Have average digestion
- Have to be careful of what I eat
- Have really good digestion, easily digest most foods

Digestion, Speed

- Rapid: stomach empties (clears food) quickly
- Average
- Slow: stomach empties slowly

Intestinal Gas 2 Hours After Eating

- Often get
- Sometimes get
- Rarely or never get

Stomach Pains (heartburn, sour stomach, indigestion, nausea)

- Tend to get stomach pains that are RELIEVED BY eating
- Don't normally get stomach pains
- Often get stomach pains FROM eating

Thirst Feelings

- Often feel thirsty
- Occasionally feel thirsty, have average thirst
- Rarely feel thirsty

ELIMINATION

Bowel Movements - Color

- Typically dark brown or green
- Usually seem to be average brown color
- Often light in color

Bowel Movements - (B.M.) Frequency of Natural Movement

- Usually have 1-2 B.M.'s each day
- Usually have 2 or more B.M.'s each day
- Usually have 1 B.M. every other day
- Usually have 1 B.M. every 2-3 days or longer
- Often need enemas or laxatives in order to evacuate bowel

Bowel Movements - Firmness

- Tend to have hard or dry stools
- Usually average firmness and moisture content
- Tend to have soft, mushy or watery stools

Bowel Movements - Size

- Usually large in diameter
- Usually average in diameter
- Usually small or narrow in diameter

Diarrhea (when not ill)

- Tend to get diarrhea
- Occasionally have diarrhea
- Rarely, if ever, have diarrhea

Mucous in Stool

- Often have mucous in stool
- Sometimes have mucous in stool
- Rarely, if ever, have mucous in stool

Incontinence (bowel or bladder)

- Often have this problem
- Occasionally have this problem
- Don't have this problem

Urine - Control

- Can hold easily and for a long period
- Can't hold well, hard to
- Have trouble stopping flow without dribbling
- Don't have trouble stopping flow without dribbling

Urine - Frequency (daytime)

- More than 5x per day
- Usually 4x per day
- 3x or less per day

REFLEXES

Gag Reflex

- Tend to gag easily
- Average gag reflex
- Weak gag reflex

NeuroMuscular Reflexes

- Tend to have fast reflexes
- Average reflexes
- Tend to have slow reflexes

Pain Sensitivity

- Very sensitive to pain, don't tolerate well
- Average pain sensitivity
- Somewhat insensitive to pain, can handle a lot

Strong Light

- Strong, bright light really bothers me. Need to wear sunglasses
- Average reaction
- Has no effect, doesn't bother at all

Sudden Loud Noise

- Can really make me jump
- Little or no reaction
- Average reaction

RESPIRATION

Asthma

- Never have
- Occasionally have, or have a mild problem
- Often have

Breathing Rhythm

- Tends to be irregular
- Sometimes irregular
- Almost always regular

Chest Pressure (inhibits breathing)

- Often have
- Occasionally have
- Rarely or never have

Coughing (not from allergy or illness)

- Often or daily
- Occasionally
- Hardly ever
- Often cough right after eating

Gasping (air hunger)

- Often have a "sudden gasp for breath" or need to take a big breath or feel like I don't get enough oxygen
- Occasionally have a "sudden gasp for breath" or need to take a big breath or feel like I don't get enough oxygen
- Never or almost never have a "sudden gasp for breath" or need to take a big breath or feel like I don't get enough oxygen

Hay Fever

- Have during hay fever season
- Only occasionally have during season
- Never have during hay fever season

Hoarseness

- Tend to get hoarse often
- Occasionally hoarse
- Rarely, if ever, hoarse

Nasal Membranes (when not ill or allergic)

- Tend to be moist or runny
- Neither dry nor moist or runny
- Often feel too dry

Respiration Rate

- More than 20 breaths per minute
- Between 13 and 20 breaths per minute
- Less than 13 breaths per minute

Sighing or Yawning (during day, not at night)

- Usually sigh or yawn every day
- Occasionally sigh or yawn
- Rarely sigh or yawn

Sneezing (not from allergy or illness)

- Sneeze almost every day
- Occasionally sneeze
- Rarely sneeze

Wheezing (not from allergy or illness)

- Tend to have problems with wheezing
- Occasionally wheeze
- Rarely or never wheeze

MISCELLANEOUS

Climate

- Love/do better in warm or hot weather
- Do equally well in warm or cool weather
- Love/do better in cool or cold weather

Fever (when ill)

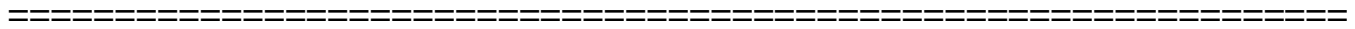
- Tends to be higher
- Average fever
- Tends to be lower

Physical Endurance

- Can work steadily for many hours at a time
- Average endurance
- Tend to do better working in spurts

Stiffness Upon Arising

- Muscles often feel stiff upon arising
- Occasionally feel stiff upon arising
- Rarely feel stiff upon arising



DIET RELATED TRAITS

It is very important that you answer this section as honestly and accurately as you can. Your answers must reflect your true dietary habits, preferences and reactions. If you don't know or are uncertain of your reactions to certain foods, experiment and test yourself before answering. Do not be in a rush to complete the questionnaire. Take your time and consider your responses carefully

Appetite At Breakfast

- Strong
- Average
- Weak

Appetite At Lunch

- Strong
- Average
- Weak

Appetite At Dinner

- Strong
- Average
- Weak

Desserts

- Love them
- Can take them or leave them
- Don't care for them

Hunger Feelings

- Often feel hungry (“live to eat”)
- May feel hungry at mealtimes
- Often don't feel hungry (“eat to live”)

Juice or Water Fasting

- Makes me feel awful
- Do well fasting
- React okay, can fast if necessary

Meal Portions

- Prefer large portions
- Like average portions
- Prefer small portions

Orange Juice Alone (with no other foods)

- Energizes and satisfies me
- Produces no ill effects
- Can make me light-headed, hungry, jittery

Snacking Need

- Rarely want or need snacks
- Often need to eat between meals
- Occasionally need a snack

If I'm Low On Energy

- Sweets restore/meat worsens energy
- Sweets worsen/meat restores energy
- Almost any food restores energy

Meat For Breakfast

- Improves energy and well-being
- Worsens energy and well-being
- Makes no difference in energy

Meat For Lunch

- Improves energy and well-being
- Worsens energy and well-being
- Makes no difference in energy

Meat For Dinner

- Improves energy and well-being
- Worsens energy and well-being
- Makes no difference in energy

Eating Before Bed

- Helps me sleep
- Is okay unless I overeat
- Usually don't sleep well if I do

Eating Habits

- Need to eat often to be at my best
- Average eating requirements
- Unconcerned with food, may forget to eat

4 Hours Without Eating

- Makes me irritable, jittery, weak, or depressed
- Feel normal hunger without other ill effects
- Doesn't bother me

Heavy Fat Meal

- INcreases energy and well-being
- DEcreases energy and well-being
- No noticeable difference in energy

Potatoes

- Like them, could eat them daily
- Don't care for them
- Can take them or leave them

Red Meat (steak, roast beef)

- DEcreases energy and well-being
- INcreases energy and well-being
- No noticeable difference in energy

Salty Foods

- Love salty foods
- Average desire for salt
- Food often tastes too salty

Skipping Meals

- Must eat regularly (and/or often)
- Do best if I eat 3 meals a day
- Can skip a meal with little or no ill effects

WHAT FOODS DO YOU CURRENTLY CRAVE?

Not necessarily right this minute....but what foods do you tend to crave on a daily basis in general? (Check all selections that apply to you)

- Red Meat
- Poultry
- Fish
- Other Seafood

- Grains
- Breads
- Cereals
- Grain Products

- Salty Foods
- Fatty Foods
- Sour Foods
- Spicy Foods

- Eggs
- Milk
- Cheese
- Yogurt

- Fruits
- Sweets
- Candies
- Desserts

PSYCHOLOGICAL TRAITS

Try to answer this section as honestly and accurately as you can. If you don't know or are uncertain of the correct answer to a question, leave it blank. Do not guess or make a selection "by default."

It can be very helpful to ask a close friend or family member to review your answers in this section. Sometimes we do not see ourselves as others do. Hearing how others perceive us can be very helpful. But remember, no one knows you as well as you do, so what you feel and believe is the most important factor in making your selections.

Do not be in a rush. Take your time. Consider your responses carefully.

Being in Charge

- Prefer to be, like it
- Sometimes like to be
- Prefer not to be, don't like it

Disagreement

- Rather give in than argue a point
- Sometimes feel like standing my ground
- Rather argue than give in, can enjoy a debate

Exercise

- Makes me feel good, love it
- Sometimes like exercise
- Dislike it, prefer to be sedentary

Loose Ends

- Are upsetting to me
- Sometimes bother me
- Don't bother me

Organization

- Very organized
- Average organizational ability
- Tend to be disorganized

Pace of Living / Working

- Fast-paced, fast worker ("the hare ")
- Average pace
- Slow, steady pace ("the tortoise ")

Perfection

- Perfectionist, sometimes to a fault
- Somewhere between the two
- Getting it done is good enough for me

Procrastination

- Rarely procrastinate
- Sometimes procrastinate
- Often procrastinate

Anger

- Slow to anger, fairly even-tempered
- Get angry if really pushed
- Quick to anger, explode, but it passes quickly

Expression of Emotions

- Hard to express emotions
- Average emotional expression
- Easy to express emotions

Temperament

- Depressed, lethargic, apathetic
- Calm, collected
- Excitable, fiery, hyper, irritable

Tendencies

- Laid-back, easy-going, go with the flow
- Average, even emotions
- Angry, nervous, high-strung, anxious

Expression of Thought

- Hard to put thoughts into words
- Average ability to communicate thoughts
- Easy to put thoughts into words

Orientation

- Intellectual, rational, logical, left-brained
- Emotional, feeling, intuitive, right-brained
- Good balance between both

Accommodation

- Tend to get my own way
- Tend to give in, I'm an accommodator
- I'm somewhere between the two

Attention Time Frame

- Live in the future, not nostalgic
- Live in the present, in the here & now
- Live in the past, tend to be nostalgic

"I Love"

- Eating, food, and/or socializing
- Nothing in particular . . . or most everything
- Being by myself and/or exercising

Impatient

- Tend to be impatient
- Have average patience
- Tend to be patient

Making Friends

- Easily make friends
- Sometimes make friends easily
- Hard for me to make friends

Punctual

- Almost always punctual
- Sometimes punctual
- Find it hard to be punctual, try as I may

Achievement

- Underachiever (Type B Personality)
- Average achiever
- Overachiever (Type A Personality)

Ambition

- Not ambitious, quite unmotivated
- Have average ambition
- Quite ambitious, extremely motivated

Motivation/Drive

- Have high drive & motivation
- Average drive & motivation
- Have low drive & motivation

Productive

- Hard to focus and be productive - mind too spacey
- Hard to focus and be productive - mind too hyper, scattered
- Have average productivity
- Very productive, get things done

Routines

- Don't like routines
- Sometimes follow routines
- Prefer routines

Social Behavior

- Sociable "people-person", love company
- Loner, self-conscious, socially inhibited
- Somewhere between the two

Task Completion (mental and physical)

- Complete tasks slowly, with effort
- Complete tasks at an average pace
- Complete tasks quickly, easily

Activity Level

- Very active, hard to slow down
- Have average activity levels
- More sedentary, easy to be inactive

Drowsiness

- Rarely get drowsy
- Sometimes get drowsy
- Often get drowsy

Attentive to Details

- Extremely
- Pay average attention to details
- Not very, just enough to get by

Concentration

- Hard to concentrate, can't hold focus very long - too spacey
- Hard to concentrate, can't hold focus very long - too hyper, scattered
- Average ability to concentrate
- No problem concentrating

Cautiousness

- Careful, conservative, reserved
- Average caution
- Adventuresome, daring

Challenges

- Bored without them, thrive on them
- Sometimes like challenges
- Prefer stability, routine

Competitive

- Love competition, it energizes me
- Sometimes feel competitive
- Dislike competition, avoid it

Feelings

- I'm easily hurt by harsh words
- Harsh words sometimes hurt me
- Harsh words don't bother me much, if at all

Personality

- Warm, accessible, sociable, outgoing
- Neither outgoing nor withdrawn
- Aloof, shy, keep more to myself

Stress

- Try to avoid it, makes me depressed
- Average reaction to stress
- Stimulates me, react angrily or aggressively

Goals: _____

Hobbies: _____

Sleep Schedule (Time): _____

Work Schedule (Time): _____

2 Examples of each of your

Breakfasts: 1) _____

2) _____

Lunches: 1) _____

2) _____

Dinners: 1) _____

2) _____

Disclaimer

The undersigned fully understands that Wayne Pickering, Nutritional Counselor (#NC0000100), is not a Medical Doctor nor portrays himself as such. I hereby authorize Wayne Pickering to serve in the capacity as my Nutritional Counselor, Health Educator and/or Lifestyle Management Consultant and agree to hold him harmless for any and all such acts.

I further understand that Wayne Pickering will neither diagnose nor treat specific illnesses or conditions of any kind, nor will he prescribe any remedies or treatments. That area is reserved for Medical Doctors! I have chosen Wayne Pickering's method of building my health of my own free will and in exercise of my Constitutional right for the attainment of life, liberty and the pursuit of happiness.

I hereby acknowledge that I have been instructed by Wayne Pickering to obtain the approval of my personal physician or health advisor before making any radical changes in either my dietary regimen or in my lifestyle. Specifically, I am hereby instructed to obtain the approval of my personal physician or health advisor before using any diet, exercise program or other instructional or reading materials which I may have received from Wayne Pickering for my consideration.

I am of sound mind and understand what I am authorizing.

Name: _____ **DATE:** _____

Signature: _____

Please Print; SIGN and Mail back with your 50% non-refundable deposit to:

The Center for Nutrition
1 Glowing Health Way
Box 26-3030
Daytona Beach, FL 32126

“After Deliverance comes Discipline”

I, _____, hereby grant Wayne Pickering,

Nutritional Counselor (Lic. #0000100), permission to charge to my VISA, MasterCard, American Express or Discover Credit Card.

Card # _____ Exp. Date _____

Name as imprinted on card: _____

as of this Date _____ for the service of _____

for the total amount of _____! **Signature:** _____

Nutritional Counseling via the phone is on Monday, Tuesday and Wednesday ONLY in no more than 30-minute sessions from 11 AM to 1 PM and from 7:00 PM to 11:00 PM [EST] **by appointment only**. Platinum & Elite Members also may call on Friday from 11 AM to 1 PM only. When you call, please use my personal toll free number **800-325-3438!** I'll answer then I'll take your number and call you right back (to free up that 800 number for all incoming orders) so you won't have to pay for the phone call.

We have several clients from several countries, so we ask that you honor the time for each call so we can assist our complete client base as well. I am very interested in your progress. So when you and I are on the phone, you are my total focus. Thanks so much!

“When you invest in yourself by making health your first concern and not your last resort you'll always make an excellent investment!”

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For background information, visit Wayne Pickering's Website (<http://www.WaynePickering.com>)
Read more about being totally healthy at this website -- <http://www.HealthAtLast.com>