

Jlore Wholistic Living & Mayberry Naturopathy
Waiver and Informed Consent
Wellness Train -Lake Oconee KOA

Client Name: _____

Date: _____

1. Nature of Services

I understand that the services provided involve lifestyle coaching, holistic living guidance, and information regarding herbal support. I acknowledge that these sessions are for educational and wellness purposes.

2. Disclaimer of Medical Advice

The information provided during these sessions is not intended to diagnose, treat, cure, or prevent any medical condition.

3. Assumption of Risk

I voluntarily choose to participate in this lifestyle session. I understand that I am responsible for my own health decisions. Speak with your primary healthcare provider before making significant changes to my diet, exercise routine, or before starting any new herbal regimen.

4. Release of Liability

I hereby release any and all claims, demands, or causes of action arising out of my participation in these sessions, including any adverse reactions to herbal recommendations or lifestyle suggestions.

Client Signature: _____

Personal Information

- * Full Name:
- * Date of Birth:
- * Primary Wellness Goals:
- * Current Health Concerns:

Health History

- * Are you currently under the care of a physician for any chronic conditions? (Yes/No)
- * Are you currently taking any prescription medications? (If yes, please list):
- * Do you have any known allergies (food, environmental, or herbal)?
- * Are you currently pregnant, nursing, or planning to become pregnant?

Lifestyle & Habits

- * How would you describe your current sleep quality?
- * What does a typical day of eating look like for you?
- * What is your current stress level (1–10 scale)?
- * What is your current physical activity level?
- * What specific areas of holistic living are you most interested in exploring (e.g., nutrition, herbal tea blends, stress management, sleep hygiene)?

Herbal/Supplement Intake

- * Are you currently taking any herbal supplements, vitamins, or tinctures? (If yes, please list):