



Your Health Mapping

A short questionnaire to help you see your symptoms, your history and your daily life as one picture.

Dr. Heba Haddara · Physician · Functional Medicine



BEFORE YOU BEGIN

Your symptoms, results and daily life belong to one story

This questionnaire puts the pieces side by side, in your own words, before any appointment. Take about 30 minutes, with a pen, and write as little or as much as you like. There are no right answers, and nothing here is a test.

1

Write freely. Short notes are enough.

2

Skip anything that does not apply, or that you do not remember.

3

Keep it. Then book your free 15-minute call and we will read it together.

Please note. This questionnaire does not diagnose anything and is not medical advice. Alongside your other doctors, never instead of them. Please keep taking any treatment your doctors have prescribed.

Your privacy. What you write here stays with you. Nothing you write in this questionnaire is sent to us.



PART 1

Your symptoms

What you feel, and since when. A few words in each row are enough.

Area	Since when	How much it affects me	Better or worse with
Energy and tiredness		☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	
Sleep		☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	
Weight and appetite		☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	
Mood and stress		☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	
Focus and memory		☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	
Digestion		☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	
Hot flushes, sweats, cycle		☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	
Joints, skin and hair		☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	
Anything else		☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	

1 means no concern. 5 means it affects my day. Circle one number.



PART 2

Your history

The doctors you have seen, the tests you have had and what you were told.
Missing pieces are fine.

Doctor or test	When	What I was told

Medicines and supplements I take now

Health in my family that I think matters



PART 3

Your daily life

Health does not happen in a clinic. A few words on each of these.

Sleep routine

Food and drink

Movement

Work and daily pace

Family and responsibilities

What feels heavy right now



PART 4

Your map on one page

Now look back at the three parts. What do you notice?

What seems to come together? Things that began around the same time, or get worse together.

If your health were clearer and steadier, what would you like to be doing again?

The three questions I most want answered:

1

2

3



Your next step

Keep this, and book your free 15-minute call with Dr. Heba's team. We will read your answers together and help you choose where to start.

Alongside your other doctors, never instead of them.

drhebahaddara.com/work-with-me

Dr. Heba Haddara · Physician, licensed in Clinical Nutrition
(Therapeutic Nutrition) · info@drhebahaddara.com

