

# PERSONAL PROFILE



Client's personal details

Coach Name

Metabolic Balance GmbH & Co KG is unable to create meal plans for pregnant women, nursing mothers, patients with severe renal or hepatic insufficiency, cancer patients with active cancer and/or undergoing cancer treatment or people whose BMI is  $\leq 18$ . Plans for vegans, people taking antipsychotics or tranquilizer medication (as weight loss might be impacted), or people with a histamine or fructose intolerance will be created only upon request. We cannot create plans for children under the age of 18.

Name, address and phone number of family physician (or primary health care provider):

## A) Personal information

|                          |                          |                      |                      |                            |                          |
|--------------------------|--------------------------|----------------------|----------------------|----------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>       | <input type="text"/>     |
| Mr.                      | Mrs.                     | Title                | Last name            | First name                 |                          |
|                          |                          |                      |                      |                            | (DD.MM.YYYY)             |
| <input type="text"/>     |                          |                      |                      | <input type="text"/>       |                          |
| Address                  |                          |                      |                      | Date of birth <sup>1</sup> |                          |
| <input type="text"/>     |                          | <input type="text"/> |                      | <input type="text"/>       |                          |
| Postal Code              |                          | City / Province      |                      | Phone number   Cell phone  |                          |
| <input type="text"/>     |                          |                      |                      | <input type="text"/>       |                          |
| E-mail                   |                          |                      |                      | Occupation                 |                          |
| <input type="text"/>     |                          | <input type="text"/> | <input type="text"/> | <input type="text"/>       | <input type="text"/>     |
| Height <sup>1</sup>      |                          | cm/in                | Weight <sup>1</sup>  | kg/lbs                     | Goal weight <sup>1</sup> |
| <input type="text"/>     |                          |                      | <input type="text"/> |                            | <input type="text"/>     |
| Circumference            |                          | <input type="text"/> | <input type="text"/> | <input type="text"/>       | <input type="text"/>     |
| cm/in                    |                          | cm/in                | cm/in                | cm/in                      |                          |
| navel <sup>1</sup>       |                          | hips                 | upper thigh          |                            |                          |

## B) How did you find out about Metabolic Balance®?

Recommended by

|                          |                          |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| TV                       | Internet                 | Newspaper / Magazine     |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Coach promotion          | Recommendation           | Other                    |

## C) Declaration of consent in accordance with data protection legislation

I agree that my coach may communicate my data such as my personal information about my health and food preferences as well as my blood values to Metabolic Balance GmbH & Co. KG. Furthermore, I agree that such data is being used to grant my participation in the Metabolic Balance® program and create my individualized meal plan. Consent is voluntary and can be withdrawn at any time upon further notice. It is, however, not possible to participate in the Metabolic Balance® program without first giving this consent.

When it comes to sharing my data, as indicated above, to Metabolic Balance GmbH & Co. KG to grant my participation in the Metabolic Balance® program and create my individualized meal plan, I discharge my coach from their duty of confidentiality provided they are required to comply with such duty of confidentiality. Consent is voluntary and can be withdrawn at any time upon further notice. It is not possible, however, to participate in the Metabolic Balance® program without first giving this consent.

Your coach is the party responsible for processing your data (controller). Metabolic Balance GmbH & Co.KG (Bgm.-Hallwachs-Str.8, 84424 Isen, Germany) acts as a data processor within the framework of your contract with your coach and processes the transmitted data exclusively on your coach's instructions. After creating the meal plan, Metabolic Balance GmbH & Co. KG shares it with your coach. Your coach can access the above-mentioned data and the meal plan via our Coach Portal to provide you with comprehensive advice as part of your participation in the Metabolic Balance® program. The use of your data for participating in the Metabolic Balance® program is based on GDPR Art. 6, paragraph 1, item a as well as on GDPR Art. 9, paragraph 2, item a. We will continue to process your data for the duration of your contract with your coach to participate in the Metabolic Balance® program. According to GDPR Art. 28, your data may be processed on our behalf by technical service providers. In such cases, we ensure that the processing of personal data is carried out in agreement with the GDPR provisions. If your data is processed then you have the right to obtain information about the data that we store about you (GDPR Art. 15). If inaccurate personal data is processed then you have a right to rectify it (GDPR Art. 16). If permitted by law, you may demand your data to be deleted or its processing to be restricted. (GDPR Art. 17 and 18). You also have the right to notify us about your data as well as the right to have it transferred (GDPR Art. 19 and 20). Irrespective of the foregoing, you also have the right to file a complaint about the processing of your data with a data protection supervisory authority. If you wish to exercise your rights, please contact your coach.

You will find further information on the Metabolic Balance website [www.metabolic-balance.com](http://www.metabolic-balance.com).

|                      |                      |                      |
|----------------------|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Date                 | City                 | Signature            |

## PERSONAL PROFILE 2

Client's Name

### D) Information on health and medical history

Cardiac insufficiency

Joint pain

Asthma

Thyroid hyperfunction

Vertigo / Dizziness

Skin disorders

Migraine

Thyroid hypofunction

Diabetes

High blood pressure

Gluten intolerance / Allergy

Lactose intolerance

Other, e.g. sleep disturbance, depression, digestive issues

Pregnant / Nursing

Allergies

☐

No Yes

☐

No Yes

which ones

Medication

☐

No Yes

to treat

Blood lipids

Uric acid

Diabetes

Thyroid

Antipsychotics

Heart

Other (e.g. Contraceptive / Hormone replacement)

Blood draw

☐

No Yes

Date

### E) Information on food consumption / Eating habits as well as food allergies (max. 4 check marks)

I eat everything

Meat

Poultry

Fish

Cheese

Seafood

Soy

I seldom eat

I refuse to eat

### F) With Metabolic Balance® I anticipate ...

Weight loss

Weight maintenance

Please fast 12 hours before blood drawing - only pure water is allowed, do not eat or drink anything else! However, your prescribed medication needs to be taken as per your doctor's indication.

Medical Disclaimer: Metabolic Balance® is not a medically supervised program. The Metabolic Balance® plan and system is designed to help individuals lose weight and achieve a new lifestyle. It is a meal planning program only and in no way represents a medical treatment or medical advice. The program does not constitute a medical product or service and does not diagnose or treat any medical condition or disease. It does not accommodate for physical or medical conditions, food allergies or the taking of any medications. All medical conditions and your current health status should be discussed with your physician prior to beginning this, or any other, weight loss program.

Client Initials