

As Featured In
BIOHACKERS
MAGAZINE



Carla Bate Presents...

The Liberated Life

Onboarding Essentials
CHECKLIST

RECLAIM YOUR POWER TO BUILD A LIFE THAT LIGHTS YOU UP WITH PURPOSE, INTEGRITY AND EASE STEP BY STEP.

1 COMPLETE YOUR INTAKE PAPERWORK

It's time to put yourself first and take the time to reflect on where you are and where you want to go on your journey to emotional well-being.

PREPARATION TIPS: To get in the right mindset, make yourself a cup of tea, cozy up in a comfy spot, light a candle, and take a few deep breaths. Just be real with your answers—this helps me get a better sense of your journey. And remember, all of your responses are completely confidential.

All intake documents can be found at carlabate.com/getting-started. The documents are fillable on your computer. Once completed, please upload the PDFs into Practice Better; send the links through the Practice Better chat.

1. New Client Intake Form – Once complete, Save as a PDF:
“**New Client Intake Form_YourName**” and send it to me in the Practice Better messenger.

2. 3-Day Food Diary – Make sure you read the instructions
found at the top of the diary. Include 1 weekend day.
Save as a PDF: “**3-Day Food Diary_YourName**” and send it to me in the Practice Better messenger.

3. Amino Acid Therapy Chart – Please fill this chart by putting a
number 0-10 next to each symptom listed in column A. With 1 being slightly felt or hardly ever felt, and 10 being strongly felt or felt all the time. A 10 goes next to symptoms that are significantly interfering with your quality of life.

Keep in mind how you feel at your most stripped-back self. For example, if you feel your best after you drink a glass of wine, don't fill out the chart then. Also, fill out column B by checking any substances used or craved to cope with life. Save as a PDF: “**Amino Acid Therapy Chart_YourName**”

4. Nutritional Assessment Questionnaire – Before you begin filling it out, you’ll need to create your copy of this document. You do this by clicking on File > Make A Copy > Rename: “[NAQ_YourName.](#)”

Then click on “Share” at the top right of your screen and make the file available to “Anyone with link” and give “Editor” access. Then copy the link and paste it into a Practice Better message to me.

5. Pyroluria Questionnaire – Before you begin filling it out, you’ll need to create your copy of this document. You do this by clicking on File > Make A Copy > Rename:

“[Pyroluria Questionnaire_YourName.](#)” Then click on “Share” at the top right of your screen and make the file available to “Anyone with link” and give “Editor” access. Then copy the link and paste it into a Practice Better message to me.

To Recap : Please send me the 3 PDFs and 2 links via Practice Better Upload PDFs/Message Links, accessible on your desktop or through the Practice Better App. Remember, you won’t be able to book your first consultation until all your intake paperwork is submitted.

6. Waist and Hip Measurements – You’re almost there! Please provide your waist and hip measurements to help track your progress. Check out this [handout](#) for instructions on how to take them. It’s great to have these on hand to see your changes over time! Don’t forget to send them to me in Practice Better.

7. Blood Pressure – Send me your blood pressure in the chat; you can take it at any local pharmacy.

8. Recent Lab Work – If you have any recent lab work from the last 60 days, please send it to me via Practice Better. If not, no worries—we can discuss my lab recommendations during your initial consultation.

2

BOOK YOUR INITIAL 90-MINUTE DEEP DIVE CONSULTATION WITH CARLA

Book your session and take the first step toward unlocking a life filled with pride, confidence, and joy as you journey back to your true self.

Book now!

3

IF YOU HAVEN'T ALREADY, JOIN THE LIBERATED LIFE PRIVATE CLIENT FB GROUP

This is your space to ask questions, celebrate your wins, and share your biggest ah-ha moments with a community of like-minded individuals on a similar journey. Together, we'll support each other in creating lasting change and living our most liberated lives.

Join here!

4

CELEBRATE TAKING ALIGNED ACTION!

You're already stepping into your power by choosing to prioritize your well-being. Take a moment to honor this commitment to yourself and the journey ahead toward a more empowered you.

YAY!