

INITIAL ASSESSMENT REQUEST

MINIMAL CONTROL LAB

Understanding the Organism Before Changing the Behavior

This form is a preliminary assessment.

Its purpose is to determine whether our work is appropriate for your current situation and objectives.

Minimal Control Lab focuses on the interaction between:

Biology · Environment · Behavior · Time

The goal is not motivation.

The goal is observation, structure, and implementation.

This assessment does not provide medical diagnosis, psychological treatment, psychiatric care, or emergency services.

SECTION 1 — BASIC INFORMATION

Full Name

Age

Country of Residence

Email

Preferred Contact Method

Email

WhatsApp

Phone

Contact Information

SECTION 2 — PRIMARY FOCUS

Which area best describes the reason you are seeking support today?

- Sleep and Recovery
- Stress and Burnout
- Alcohol Use
- Tobacco or Nicotine Use
- Nutrition and Eating Habits
- Physical Inactivity
- Chronic Fatigue or Low Energy
- Behavioral Patterns I Want to Change
- Digital Overload and Attention Fragmentation
- Life Transition or Adaptation
- General Health and Wellbeing
- Other

If Other:

SECTION 3 — WHY NOW?

What made you seek support at this moment?

SECTION 4 — CURRENT IMPACT

Which areas of life are currently being affected?

(Check all that apply)

- Sleep
- Energy
- Mood
- Focus and Concentration
- Physical Health
- Relationships
- Work Performance
- Daily Organization
- Substance Use
- Motivation
- Other

If Other:

SECTION 5 — CURRENT CAPACITY

How would you rate your current overall capacity?

0 = Severely Depleted

10 = Functioning at Your Best

0 1 2 3 4 5 6 7 8 9 10

SECTION 6 — PREVIOUS ATTEMPTS

What approaches have you already tried?

(Check all that apply)

- Exercise Programs
- Diet or Nutrition Plans
- Coaching
- Therapy
- Medical Treatment
- Support Groups
- Books or Self-Education
- Online Courses
- Nothing Specific
- Other

If Other:

SECTION 7 — EXPECTED OUTCOME

What would a useful outcome look like over the next 90 days?

SECTION 8 — ADDITIONAL CONTEXT

Is there anything else you believe would be important to know before an initial conversation?

BEFORE SUBMITTING

Minimal Control Lab is not a medical clinic.

It does not provide medical diagnosis, treatment, prescriptions, or emergency care.

Our work is educational, behavioral, and observational in nature.

If your situation appears outside the scope of our work, we will tell you directly.

No upsells.

No long-term contracts.

No community dependency.

No motivational programs.

Only structured observation, assessment, and implementation.

Name

Date

Signature (Optional)

Minimal Control Lab

Biology · Environment · Behavior · Time

by Lorenzi R. Marcos

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