PLACES LIVED, APPROXIMATE DATES	EDUCATION	FAMILY / SIBLINGS	PHYSICAL EXERCISE / SPORTS	FOOD / DIET

FRIENDS / RELATIONSHIPS	PHYSICAL HEALTH / INJURIES	EMOTIONAL HEALTH / TRAUMA	HABITS / REGULAR PATTERNS	PHYSICAL / MENTAL DISCIPLINES / PRACTICES

IDENTITIES HELD ABOUT SELF	FEELINGS / SELF JUDGMENTS	BELIEF SYSTEMS	CONSCIOUS LIFE REALIZATIONS	LIFE STRESSES / CRISES