



A well-functioning nervous system is expressed through the balance of structural, chemical, and emotional health. This questionnaire identifies essential areas that need to be addressed for health to be maintained.

1. Structure: *Structure Affects Function*

The structure of the body affects its function. Body posture and alignment are important to keep the energy flowing and uninterrupted within the body.

Circle the number you think represents your structural condition: Poor 1 2 3 4 5 6 7 8 9 10 Great

2. Diet and Nutrition: *What You Eat and Drink*

Eating the foods most appropriate for your body with consideration for how your body metabolizes that food is fundamental to weight management. It's important to eat food that provides nutritional value.

Circle the number that you believe represents your dietary choices: Bad 1 2 3 4 5 6 7 8 9 10 Good

3. Digestion: *Digest, Assimilate, Eliminate*

Digestion is key for overall wellness. Digestion is not just about what you eat or issues you might have, like bloating or heartburn; it can affect immune system function. A healthy gut supports other areas of the body.

Circle the number that represents how you feel after eating meals high in fat, carbohydrates, or refined foods: Not My Best 1 2 3 4 5 6 7 8 9 10 Fine

4. Hormones: *Balanced Hormone Systems*

The endocrine system is the collection of glands that secrete hormones that travel through the circulatory system to specific targeted organs. These glands and their hormones affect your daily health by regulating vital body functions, including metabolism and energy levels, mood, sleep, sexual function, and reproduction.

Rate your hormone system function: Severe 1 2 3 4 5 6 7 8 9 10 No Problems

5. Exercise: *Activity is Essential to Health*

Exercise is essential to burn calories, remove waste, increase muscle strength, and improve circulation.

Indicate how often you exercise: Never 1 2 3 4 5 6 7 8 9 10 Frequently (3-5 times/week)

6. Stress: *Stress Management and Self-Help*

Stress can be a contributing factor when the body's systems miss a beat. Stress can be physical, nutritional, or emotional—or often, a combination of factors. When the body is not stressed, you may also enjoy better sleep, which will support your overall health.

Indicate your level of stress: High 1 2 3 4 5 6 7 8 9 10 Low

7. Thoughts: *What You Think About Affects Your Health*

Our thoughts affect our health, happiness, and success in life. If you want to change your life, you have to change the way you think.

Rate your thoughts: Negative 1 2 3 4 5 6 7 8 9 10 Positive

Your Health Quotient: Record your scores below from each of the "7 Essentials Health Evaluations"

Structure _____ Hormones _____ Diet _____ Exercise _____
Digestion _____ Stress _____ Thoughts _____ **Total (add all 7)** _____

Your Health Quotient Score: (Divide Total by 7) _____

Call Powell Chiropractic at (330) 494-5533 to schedule a complimentary consultation with our doctors and learn how you can improve your health quotient score.

**This does not determine a diagnosis, assessment or treatment suggestion, it is designed to demonstrate a health quotient to you personally for the purpose of encouraging health and avoid illness for your individual needs.*