

Help Us Understand Your Health And Wellness Goals

Choosing chiropractic care is an exciting step towards regaining or improving your health and wellness. Old injuries, emotional tension, work and family situations along with poor dietary choices add to your daily stress load. This can cause muscles to overreact and joints within the spine to lock. However, our greatest concern is when those ongoing stressful habits affect the inner nerve connections, leaving you at risk for deeper health problems. Unwinding harmful spinal stress while coaching you towards a strong and vibrant lifestyle is what we love to do!

Our office uses a sophisticated scanning system to detect hidden stress patterns. This accurate, computer-based analysis rates your stress on a scale from 0-100 and is known as the **COREscore™**.

Please answer the following questions so we may better understand how to help you:

1. On a scale of 1 to 10 (10 being the most important) how important is your health to you? _____

On the COREscore™ chart to the right:

2. Please put an 'X' to score where you think you are today.

3. Please circle where you would like to be (your goal).

4. How long do you think it might take to get to where you circled? _____

5. What things might you need to change to help you reach your goal?

- a. _____
- b. _____
- c. _____
- d. _____

6. If we could make recommendations that would not only address your main concerns, but could also help you with improving your overall health, would you like to hear them?

_____ yes _____ no

