WHAT DAILY ACTIVITIES ARE BEING RESTRICTED BY YOUR CURRENT HEALTH PROBLEMS?

carrying/lifting groceries sweeping/vacuum reading/concentration sleep sitting to standing extended computer use dressing driving garbage static sitting lifting children shaving pet care climbing stairs yard work walking bathing laundry dishes career/job

HAVE YOU EVER BEEN KNOCKED UNCONSCIOUS? YES / NO

HAVE YOU EVER FRACTURED A BONE? YES / NO

PLEASE MARK the areas on the diagram with the following letters to describe your symptoms:

R=Radiating S=Sharp/Stabbing

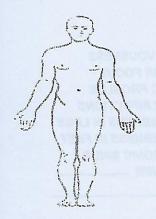
B=Burning T=Tingling

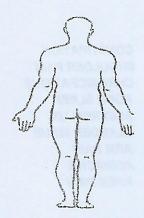
D=dull A=Aching

N=Numbness

What relieves your symptoms? _

What makes them feel worse?





- 1. Do you feel as time passes you are: A. Better B. Same C. Worse
- 2. Is this impacting you: A. Professionally B. Personally
- 3. Looking at your complete health what score you give yourself out of 100? (eg.100 being the best)
- 4. How committed are you out of 100 to get well and improve your body health without depending on drugs and surgery? (eg.100 being the best)