



Questionnaire

If yes = 1, If no = 0 **Clinician fills in colored numbers**

Nutritional Health

1. Do you eat less than 9 servings of fruits and vegetables daily? _____
2. Do you get frequent colds, flus, diarrhea, constipation, bloating, heartburn? _____
3. Do you take any medication for pain, inflammation, diabetes, blood pressure or cholesterol? _____
4. Do you frequently consume refined, sugary foods, sweets and soda? _____
5. Do you eat grain products, white bread, pasta, cereal, chips and crackers daily? _____
6. Do you eat fried foods, fast foods and packaged foods daily? _____
7. Do you smoke or consume excess alcoholic beverages frequently? _____

Nutritional Total _____

Physical Health

8. Is exercising frequently a challenge for you? _____
9. Have you experienced physical trauma throughout your lifetime? (accidents/injury) _____
10. Do you experience pain or limitations with basic tasks (bathing, dressing, cleaning, yard work)? _____
11. Poor posture/ergonomics (sitting, standing, work station, etc.) _____
12. Poor nervous system function (reflexes, cranial nerves, thermal/sEMG, etc.) _____
13. Poor connective tissue function _____
14. Poor muscle strength, movement patterns, muscle tone and bone density _____

Physical Total _____

Psychological Health

15. Do you struggle with falling asleep, staying asleep or oversleeping? _____
16. Do you feel down, depressed or have mood swings? _____
17. Do you feel tired, fatigued or have low energy? _____
18. Do you have a poor appetite, overeat or have difficulty losing weight? _____
19. Do you feel anxious, worried, nervous, irritable or restless? _____
20. Do you feel isolated from friends and family? _____
21. Do you struggle with focus, concentration or poor memory? _____

Psychological Total _____

Grand Total: _____

0-7: You have low risk of pain and dysfunction ask your clinician about the Green Plan.

7-14: You have moderate risk of pain and dysfunction. Ask your clinician about the Yellow Plan.

14-21: You have high risk of pain and dysfunction. Ask your clinician about the Red Plan.

