

Patient Name: _____

Date: _____

HEALTH BEHAVIOR QUESTIONNAIRE

TRY TO ANSWER THE FOLLOWING QUESTIONS TO THE BEST OF YOUR ABILITY

-Number of servings of whole fruits and/ or vegetables that you eat per **DAY** (1 serving= 1 'palmful'): -----> _____ x 2= _____

-Number of Glasses of Water per **DAY**: -----> _____ x 2= _____

-Number of HOURS of Exercise or Moderate Activity per **WEEK** (Include physical home chores etc): -----> _____

-Number of MILES You Walk per **WEEK**. Include ALL walking (avg. American walks 21 miles per week): -----> _____

-Hours of Quiet Relaxation per **WEEK**: -----> _____

-Number of MINUTES of prayer/meditation/ positive affirmation per **DAY**: -----> _____ x .5= _____

-Do You Wear Shoe Orthotics? (Yes = 3, No= 0): -----> _____

-Do You Take Fish Oil Daily? (Yes= 3, No = 0): -----> _____

-Do You Take Anti-Oxidants Daily? (Yes=3, No=0): -----> _____

-Do You Take A Multi-Vitamin/Mineral Daily? (Yes=3, No=0): -----> _____

-Do You Take Probiotics Daily? (Yes=3, No=0): -----> _____

-Do You Get Your Spine Checked and Adjusted Regularly? (Yes =10, No=0): -----> _____

Subtotal A": _____

-Number of Caffeine Drinks per **DAY**: -----> _____ x 2= _____

-Do You Use Tobacco Products Most Days? : (Yes=10, No=0) -----> _____

-Number of Alcoholic Beverages per **WEEK**: -----> _____

-Number of Sodas or 'Pops' or 'Energy' beverages per **WEEK**: -----> _____

-Number of Hours You Sit Per **DAY**: -----> _____

-Servings of sweets/desserts/ sweetened snacks per **WEEK**: -----> _____

-Number of Hours of Computer per **DAY**: -----> _____

-Number of Hours of T.V. per **DAY**: -----> _____

-ADDITIONAL HOURS of Sleep per **WEEK** you would need in order to feel 'completely rested': -----> _____

-Number of Medications You Take **DAILY**: -----> _____

Subtotal "B": _____

-Please List all medications, list how long, and why you are on them:

Scoring: Scores below zero are highly undesirable. Higher numbers are more desirable, ideally we want to see scores >100!

TOTAL SCORE: "A" MINUS "B" = _____