Dr. John J. Collins, Chiropractic Physician

Springbrook Chiropractic & Natural Health Center 1015 N. Springbrook Rd. (Mail to P.O. Box 1022) Newberg, Oregon 97132 (503) 538-0618 fax: 537-2539 www.springbrookclinic.com "SANITAS INNATA EST"

Patient Name:						Date:						
Please select the b	est ans								e <i>stior</i> , select		wer that seems most correct.	
1- Locus of Contropersonal choices.	ol : M <u>y</u>	y curre	nt leve	l of hea	lth is p	orimaril	y the re	esult of	my life	estyle,	my environment and my	
-	1	2	3	4	5	6	7	8	9	10		
Strongly disagree		C	C		C		C	C			Strongly agree	
2- Nutritional Phil that this is the idea		for me		familia	ır with	the bas	ic conc	epts of	the 'm	odified	paleolithic diet' and I believe	
	1	2	3	4	5	6	7	8				
Strongly disagree	0			0		0	0		Stron	ngly ag	ree	
3- Dietary Congru				-		-					e.	
	1	2	3	4	5	6		8	9	10		
Strongly disagree	0			0	0		0		0		Strongly agree	
4- Dietary Suppler mineral, antioxida									used, th	ird-par	ty-verified: multi-vitamin/	
	1	2	3	4	5	6	7	8				
Strongly disagree	O								Strongly agree			
5- Walking/Ambu or run a total of at	least	10,000	steps/5	miles p	ber day	on ave	rage.				d, I am certain that I walk, jog	
Strongly disagree		D		O			C	O			Strongly agree	
Strongry usugree											Strongly agree	
											move and/or flex my entire nd move all joints of the	
- /	1	2	3	4	5	6	7	8				
Strongly disagree	C	C	C	C	C			C	Stror	ngly ag	ree	

			<u>Dr. 、</u>	John J	<u>J. Coll</u>	<u>ins, C</u>	hiropr	actic I	<u>Physician</u>			
		1015	N. Sprin	gbrook l 538-06	Rd. (Ma	il to P.O. 537-253	. Box 10 9 www.s	22) Nev springbr	<i>ealth Center</i> wberg, Oregon 97132 ookclinic.com			
Patient Name:								L	Date:			
	И	/ellne	ss Be	eliefs	& Bei	havio	r Que	stion	naire (continued)			
7- Whole body res require most of m			east on	ce or ty	wice pe	r week	I lift, c	arry, p	ush, pull or drag heavy objects/weights that			
	1	2	3	4	5	6	7	8				
Strongly disagree					0	0		0	Strongly agree			
8- Spinal Hygiene mobility of each s		oint the	ereby n	ninimiz	zing nei	vous s			to ensure proper posture and alignment and ence.			
	1	2	3	4	5	6						
Strongly disagree	\odot			0	0	0	Stroi	Strongly agree				
9- Sleep Hygiene to start my day.	: I go t	to sleep	suffic	iently e	early so	as not	to need	l an ala	arm or other assistance to wake me in time			
	1	2	3	4	5	6	7	8				
Strongly disagree	\odot				\bigcirc	\bigcirc			Strongly agree			
									ortive relationships with family, friends and ks (include extended family).			
	1	2	3	4	5	6	7	8				
Strongly disagree		O			O	O		0	Strongly agree			
11- 'Visioneering' future generations		time	each d	ay to vi	isualize	the fu	ture tha	at I wou	uld like for myself, my loved ones as well as			
	1	2	3	4	5	6	7	8				
Strongly disagree		C			C	C		0	Strongly agree			
12- Life Purpose : that are congruent					it and v	vell-de	fined 'li	ife purp	pose'. Each day I mostly engage in activities			
-	1	2	3	4	5	6	7	8				
Strongly disagree	C	C	O	C	C	C		C	Strongly agree			

Score: ____%