

1 2 3 4 5 6 7 8

Strongly disagree Strongly agree

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: _____

Wellness Beliefs & Behavior Questionnaire (continued)

7- Whole body resistance : At least once or twice per week I lift, carry, push, pull or drag heavy objects/weights that require most of my strength.

	1	2	3	4	5	6	7	8	
Strongly disagree	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Strongly agree

8- Spinal Hygiene : I regularly get my spine examined by a chiropractor to ensure proper posture and alignment and mobility of each spinal joint thereby minimizing nervous system interference.

	1	2	3	4	5	6	
Strongly disagree	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Strongly agree

9- Sleep Hygiene : I go to sleep sufficiently early so as not to need an alarm or other assistance to wake me in time to start my day.

	1	2	3	4	5	6	7	8	
Strongly disagree	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Strongly agree

10- Fulfillment of Social Needs : I actively cultivate loving, caring, supportive relationships with family, friends and others. I have one or more supportive social communities/groups/networks (include extended family).

	1	2	3	4	5	6	7	8	
Strongly disagree	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Strongly agree

11- 'Vioneering' : I take time each day to visualize the future that I would like for myself, my loved ones as well as future generations.

	1	2	3	4	5	6	7	8	
Strongly disagree	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Strongly agree

12- Life Purpose : I have a clearly thought out and well-defined 'life purpose'. Each day I mostly engage in activities that are congruent with my life purpose.

	1	2	3	4	5	6	7	8	
Strongly disagree	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Strongly agree

Score: _____ %