



HEALTH GOALS

If you fail to plan, plan on failing!

On your first visit with us, one of the most fundamental questions that you need to answer is...

WHAT ARE MY HEALTH GOALS?

- Is it **SHORT TERM** management?
This is for musculoskeletal injuries. For example, strained back, neck or extremities. Visits consist of spinal manipulations and/or extremity manipulation, therapy, myofascial release and acute phase rehabilitation. Subsequent visits will additionally consist of a nutritional evaluation for healing capacity and collagen support factors (vitamins, herbs, botanicals and minerals): The number of visits are estimated based on your condition/diagnosis. Estimated time: 3-6 weeks.
- Is it **OCCUPATIONAL** and mild to moderate **FITNESS LEVEL REHABILITATION**?
Visits consist of spinal manipulations and/or extremity manipulation, physiotherapy, myofascial release corrective restorative phase rehabilitation. Subsequent visits will also consist of activities of daily living training and recreation level sports fitness rehabilitation.
- Is it **MAINTENANCE FOR OVERALL FITNESS AND WELLNESS**?
- Is it to have a **HEALTHY WEIGHT**?
- Is it **SEASONAL HYPERSENSITIVITIES CORRECTION AND MAINTENANCE**?
- Is it **OVERALL HEALTH**? (physical, emotional and chemical balancing)

The next question is...**WHAT ARE YOU WILLING TO DO AND SACRIFICE TO REACH YOUR HEALTH GOAL?** It is a commitment! It takes time and patience and has to be maintained. It requires emotional and physical disciplines that are not easy, or else they would have already been accomplished. It also has financial requirements such as eating better quality foods, supplementation and chiropractic treatment and supervised steps to recovery and maintenance.

God intended for us to be, do and live to our maximum capacity a happy, healthy, loving and productive life.

What is your rating for your belief and willingness to make changes to accomplish your health goals on a scale of 1-10? (10 being the highest)

My health goals are: _____

Signature: _____ Date: _____