Name: ______________________________ DOB: ______________ Date: __________

Address: ____________________________ City: ____________ State: ________ Zip: __________

Email: ______________________________ Occupation: ______________________

Phone: ________________ Cell: ________________ Work Phone: ________________

Married   Single   Divorced   Widowed   Kids: ______________________________

Referred By: ____

Childhood History: *Circle all that apply*

Did you have any childhood illnesses?	**Yes**	**No**
Did you have any serious falls as a child?	**Yes**	**No**
Did you play youth sports?	**Yes**	**No**
Did you take Medications?	**Yes**	**No**
Did you have surgery?	**Yes**	**No**
Have you fallen / jumped from a height over three feet?	**Yes**	**No**
Were you in any car accidents as a child?	**Yes**	**No**
Was there any prolonged use of medicine such as antibiotics or an inhaler?	**Yes**	**No**
Did you suffer any other traumas (physical or emotional)	**Yes**	**No**
As a child, were you under regular chiropractic care?	**Yes**	**No**

Please share any additional information:

____

____

Adult – (18 to present)

Do/did you smoke? **Yes** **No**

Do/did you drink alcohol? **Yes** **No**

Have you been in any accidents? **Yes** **No**

Have you had any surgery? **Yes** **No**
If yes, list here: ____________________
____

Do/did you play adult sports? **Yes** **No**

On a scale of 1 – 10 describe your stress level:
(1 = none / 10 = extreme)

Occupational: ______ Personal: ________

Rate these following as Poor, Good, Excellent:

Diet: _________ **What do you eat?** ____________________

Exercise: ______ **When and what?** ____________________

Sleep: _________ **Hours per day?** ____________________

General Health: ____________________________________

Please list any medications: ________________________
____
____

Please list any vitamins/supplements: ________________
____
____

Trinity Chiropractic Wellness

Live Well. Move Well. Be Well.

<u>Addressing issues that may have brought you to our office</u>

If you have no symptoms or complaints, and are here for wellness services, please check here: ____________
and then skip to Family Health Profile. Otherwise please briefly explain what brought you to our office today:

____

____

Does this interfere with: ___Work ___Sleep ___Walking ___Hobbies ___Leisure ___Other

Have you seen anyone else for this issue? ____yes _____no If yes, who? ____________________

____

Please CIRCLE all symptoms you have ever had, even if they do not seem related to your current problem:

Headaches	Pins and needles in legs	Fainting	Neck pain
Pins and needles in arms	Loss of smell	Back Pain	Loss of balance
Dizziness	Buzzing in ears	Ringing in ears	Nervousness
Numbness in fingers	Numbness in toes	Loss of taste	Stomach Upset
Fatigue	Depression	Irritability	Tension
Sleeping problems	Stiff Neck	Cold Hands	Cold Feet
Diarrhea	Constipation	Fever	Hot Flashes
Cold Sweats	Lights bother eyes	Urinary Problem	Heartburn
Mood Swings	Menstrual Irregularity	Menstrual Pain	Ulcers

Family Health Profile:

At our office we are not only interested in your health and wellbeing but also that of your family and loved ones. Please mention below any health conditions or concerns you may have about your:

Children: ____
Spouse: ____
Mother: ____
Father: ____
Brother(s): ____
Sister (s): ____
Others: ____

Trinity Chiropractic Wellness

Live Well. Move Well. Be Well.

Do you:

Belong to health club?	Yes	No	
Use vitamins?	Yes	No	
Watch more than 5 hours of TV a week?	Yes	No	
Spend 1 or more hours on a computer daily ?	Yes	No	
Drink Soda?	Yes	No	(Diet or Regular)

What do you do for stress relief?

____

____

How many times a week do you exercise? ______________________________

Are there any other health habits that you could share with us? ______________________

____

Below, please mark an "X" where you believe your health is and an "O" where you would like to be.

What are your health goals?______________________

____

Are you healthier today than you were 5 years ago?__________

If so, what did you do to improve your health?____________

____

If not, why do you think your health declined?____________

____

Will you be healthier 5 years from now than you are today?______

____

If so, what are you planning to do to improve your health?______

____

And if not, what could you do to improve your health rather than have it continue to decline?______________________

What would you like your health to be 5 years from now?______

____

What aspect of your life would you like to have back?________

____

I consent to a professional and complete chiropractic examination and to any radiographic examination that the doctor deems necessary. I understand that any fee for service rendered is due at the time of service and cannot be deferred to a later date.

Signature ______________________________ Date: ______________________

We exist to help families in our community reclaim their health in a drugless, natural way.