

**HEALTH INFORMATION**

Check any of the following that you now have or have had in the past:

**MUSCULO-SKELETAL**

- # bone or joint disease \_\_\_\_\_
- # tendonitis \_\_\_\_\_
- # bursitis \_\_\_\_\_
- # broken / cracked bones \_\_\_\_\_
- # arthritis / rheumatism \_\_\_\_\_
- # sprain / strains \_\_\_\_\_
- # dislocation \_\_\_\_\_
- # low-back / hip pains \_\_\_\_\_
- # leg / foot pains \_\_\_\_\_
- # neck / shoulder pains \_\_\_\_\_
- # arm / hand pains \_\_\_\_\_
- # headaches \_\_\_\_\_
- # head injury / concussion \_\_\_\_\_
- # spasms / cramps \_\_\_\_\_
- # lupus \_\_\_\_\_
- # other \_\_\_\_\_

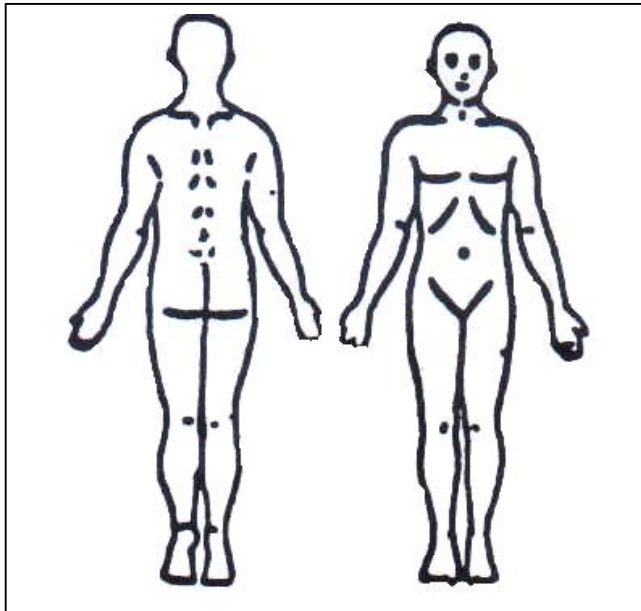
**CIRCULATORY**

- # heart condition \_\_\_\_\_
- # varicose veins \_\_\_\_\_
- # blood clots \_\_\_\_\_
- # low / high blood pressure \_\_\_\_\_
- # breathing difficulties \_\_\_\_\_
- # sinus problem \_\_\_\_\_
- # other \_\_\_\_\_

**INFECTIOUS DISEASE**

- # disease name \_\_\_\_\_

Circle areas of discomfort



**SKIN**

- # allergies \_\_\_\_\_
- # rashes \_\_\_\_\_
- # athlete's foot \_\_\_\_\_
- # warts \_\_\_\_\_
- # other \_\_\_\_\_

**DIGESTIVE**

- # constipation \_\_\_\_\_
- # gas / bloating \_\_\_\_\_
- # diverticulitis \_\_\_\_\_
- # irritable bowel syndrome \_\_\_\_\_
- # other \_\_\_\_\_

**NERVOUS SYSTEM**

- # herpes / shingle \_\_\_\_\_
- # numbness / tingling \_\_\_\_\_
- # chronic pain \_\_\_\_\_
- # fatigue \_\_\_\_\_
- # sleep disorder \_\_\_\_\_
- # other \_\_\_\_\_

**REPRODUCTIVE**

- # PMS \_\_\_\_\_
- # pregnant? \_\_\_\_\_ stage \_\_\_\_\_
- # other \_\_\_\_\_

**OTHER**

- # nicotine / caffeine addiction \_\_\_\_\_
- # cancer / tumor \_\_\_\_\_
- # diabetes \_\_\_\_\_
- # eating disorder \_\_\_\_\_
- # drug / alcohol addiction \_\_\_\_\_

I FEEL WORSE WHEN: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I FEEL BETTER WHEN: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_