



Chiropractic Applied Kinesiology Vitamins Herbs  
Homeopathy Health Education Classes

## BOZEMAN WELLNESS CENTER

### Wellness Worksheet!

Assisting you in living a healthy lifestyle is our goal at the Bozeman Wellness Center. This questionnaire is to help us, as your doctors, to get to know your habits and be able to make recommendations to best facilitate your healing and journey towards better health.

Dr. Philip G. Cameron and Dr. Gordon Christian

#### **Diet:**

Having a healthy diet is essential for having a healthy body! Your diet gives your body energy, provides nutrients, proteins, minerals and vitamins to help with cellular functions and metabolism. Also, it is responsible for the health of our intestines where our synergistic friends live (normal gut flora) that provide added immune and digestive properties to keep us healthy.

#### **Please answer these questions:**

I consider my diet to be:  Poor Diet  Average American Diet  Mostly Organic Diet  Paleo Diet  
 Vegetarian diet  Vegan Diet.

I am willing to make changes to my diet if it is in the best interest of my health?

Yes  No

How often do you eat fast food? \_\_\_\_\_

#### **Exercise:**

Exercise is important for keeping our bodies strong and mobile. Movement is essential for health because it removes toxins from our body, stimulates the nervous system and keeps your brain healthy. It enhances metabolism and is important for physiology, reduces pain and can enhance our mood.

#### **Please answer these questions:**

On average, how often would you say you exercise?

Rarely (less than 2x/week)  Average (3-4 x/week)  Competitively (5+ x/week).

Do your workouts consist of cardiovascular training (sustained activity for 30 minutes or more)?

Yes  No

Do you incorporate weight lifting into your workouts?  Yes  No. If yes, how often? \_\_\_\_\_.

Do you stretch and do mobility work? (Re: Foam Rollers, the Stick, bands, or Lacrosse balls)

Yes  No

Do you practice Yoga, Tia Chi, Qi Gong, or another mobility routine?  Yes  No

#### **Water:**

Water is essential for all life on earth! Are you drinking plenty of clean water each day? Plenty of water means you are drinking about half your body weight in ounces daily. For instance, if you weigh 100 lbs. you should drink 50 ounces of water a day. If you weigh 200 lbs. you should drink 100 ounces of water a day. To make it easy, we recommend drinking one 32-ounce bottle of water between breakfast and lunch and another one between lunch and dinner. If you do that, then you are close to being fully hydrated.

Yes  No

### **Supplements:**

Using dietary supplements can be very important to get the proper nutrients, vitamins, minerals and herbal compounds that your body needs to function and heal. Unfortunately, our food is grown in nutrient depleted soils, making it hard to get the required nutrients we need from our food alone.

### **Please answer these questions:**

Are you currently taking any supplements?  Yes  No

Are you good at remembering to take your supplements?  Yes  No

Do you have a preference when using tablets and capsules, or prefer liquids?

Either one is fine

I can't swallow pills

I am sensitive to tastes and will only take liquids if they taste good.

### **Sleep:**

Sleep is essential for our body to rejuvenate and heal. It is important to get 7-8 hours of sleep per night. When we don't get enough sleep it has a negative affect on how our brain works. Proper sleep is one of the most important things we can do for our body!

### **Please answer these questions:**

Do you have trouble falling asleep?  Yes  No

Do you have trouble staying asleep?  Yes  No

How many hours of sleep do you get, on average, per night? \_\_\_\_\_

Do you use a sleep aid or a medication to help you sleep?  Yes  No

### **Stress:**

Stress is everywhere! The problem with stress is that everything is a stress. Stress management is critical for a person to be healthy! There are many different ways to help the body deal with and heal from stress. Being aware of your stress level is the first step. The second step is to put in to place routines and exercises that help the body de-stress. Walking, exercise, yoga, Tia Chi, Qi Gong, meditation, hot baths, reading a good book, etc. are all good ways to deal with the stress in our daily lives, but we need to make them a regular part of our lifestyle practice.

### **Please answer these questions:**

I currently rate my stress level, on a scale of 0-10, 0=no stress, 10=extreme stress. \_\_\_\_\_

I am currently practicing stress reduction activities?  Yes  No

The way I help reduce my stress is \_\_\_\_\_

### **Mental Health:**

Mental health is a very important part of our overall wellbeing and is often overlooked. Many people in our society feel that seeking mental health care is a sign of weakness or is shameful. If, in our everyday lives, we do not have the proper tools and awareness to work with the frustrations, anxieties and emotional traumas that we all face, we will cause more problems for ourselves and our quality of life will be diminished.

### **Please answer these questions:**

Are you concerned that you might need some guidance on how to deal with a mental health issue?

Yes  No

Do you have a mental health resource such as a counselor, pastor, therapist, or a friend that you turn to when you have a troubling issue?  Yes  No

Do you use any substances or medications that help you deal with your mental stress or frustrations? If so, please list them \_\_\_\_\_