

# THE MISSING LINK

## WEIGHT LOSS PROGRAM

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. On a scale of 1 to 10 (1 = low and 10 = high), how important is it to me to immediately improve my health?

*Low* 1 2 3 4 5 6 7 8 9 10 *High*

2. I am currently on prescription medications or under medical supervision.

Yes

No

3. Are you pregnant? YES NO

Are you nursing? YES NO

What medications are you currently taking?

---

---

4. I am a diabetic.

Yes Type 1 (juvenile onset) Type2 (adult onset)

No

5. I am currently experiencing the following symptoms:

Headaches

Fatigue/ Lack of Energy

Difficulty Sleeping

Constipation

Mood Swings

High or low blood sugar

High or low blood pressure

Other \_\_\_\_\_

6. How often do I consume the following per week?

Amount	Never	Rarely	Sometimes	Always
Cigarette Smoke				
Caffeine				
Alcohol				
Refined Sugar				

7. Where do I feel I am in each area below on a scale of 1 to 10?  
(1 = Very Poor and 10 = Ideal)

Score	1	2	3	4	5	6	7	8	9	10
Physical Health										
Body Fat %										
Body Weight										
Pain Levels										

8. How would I rate my current level of motivation to accomplish my health goals?

- High
- Moderate
- Low

9. My health and wellness goals are to:

- Lose Weight \_\_\_\_\_ lbs.
- Exercise
- Reduce Stress
- Sleep Better
- Build Lean muscle
- Increase Energy
- Reduce Cravings
- Reduce Sugar
- Appetite Control

10. I have other symptoms:

- Headaches
- Neck Pain
- Pain Between Shoulders
- Carpal Tunnel syndrome
- Hand/ Wrist Pain
- Numbness/ Tingling in Arms
- Low Back Pain
- Sciatica
- Herniated Disc
- Numbness/ Tingling in Legs
- Knee Pain
- Foot/ Ankle Pain
- Heel spurs

Which of the above from question #10 is the worst?

\_\_\_\_\_

How long have you been suffering with it?

\_\_\_\_\_

How often does it bother  
you? \_\_\_\_\_

Would you like to get rid of this problem? YES NO

- I am already a patient at Pulver Family Chiropractic.
- I would like to receive a complete chiropractic evaluation.
- I am only interested in The Missing Link Weight Loss Program at this time.