

# STRESS SURVEY

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

Over the past month, rate yourself on a scale of 0-10 in the following areas (circle the numbers)  
0 = never      1-9 = occasionally to frequently      10 = always

1. I wake up stiff and have less flexibility than I used to.

0 1 2 3 4 5 6 7 8 9 10

2. I have trouble sleeping soundly and waking rested.

0 1 2 3 4 5 6 7 8 9 10

3. I have colds, sinus trouble, allergies or other minor but annoying conditions.

0 1 2 3 4 5 6 7 8 9 10

4. I have many aches and pains that I think I have to live with.

0 1 2 3 4 5 6 7 8 9 10

5. I feel tense most of the time.

0 1 2 3 4 5 6 7 8 9 10

6. I don't have the energy to do the things I want to in life.

0 1 2 3 4 5 6 7 8 9 10

7. People around me tell me I'm irritable, tense, or inattentive.

0 1 2 3 4 5 6 7 8 9 10

Total the circled numbers. Your Score: \_\_\_\_\_

Score (0-15): Terrific! You obviously care for yourself and it shows! Ask me about chiropractic wellness care and learn how chiropractic can help increase your quality of life even more!

Score (16-35): Average. There's a lot of room for improvement in your energy levels, flexibility, overall performance and productivity through chiropractic care designed to fit your needs.

Score (36-59): You are bordering on the danger zone. Benefit from improved immune function, less aches and pains and start taking the steps to create a healthier lifestyle.

Score (60-70): Extremely stressed! You need to set start regular chiropractic adjustments as soon as possible and gain the tools to build a healthier and happier life.