



Before Your Exam

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

1. On a scale from 1-10 (10 being most) how important is your health?

2. On the chart (right) put an X where you believe is the current state of health of you spine and nerve system.

3. On the same chart, CIRCLE where you want to be.

4. How long do you think it will take to get there?

5. What do you have to change to make it happen? (ie: diet, exercise, meditate)

6. If there is a way to improve your overall health and well being, would you be interested?

