

## What is your Health Story?

What health challenges have you been facing in your own life? For example: pain, inflammation, swelling, headaches, digestive issues, fatigue.

How long have you been experiencing these? (Weeks, months, years?)

On a scale of 0-10, with 0 being no pain at all and 10 being the worst, where would you currently rate your symptoms?

0 1 2 3 4 5 6 7 8 9 10

What have you tried so far? For example: over the counter medicine, prescriptions, exercise, rest, ice, heat, massage, etc.

How is your health issue affecting your life?

If you didn't have \_\_\_\_\_ health issue, what would imagine your life being like?

On a scale of 0-10, where would you like to see your health in 1 year?

0 1 2 3 4 5 6 7 8 9 10