

# How Connected Are You?

A short quiz to help you see how well your nervous system is functioning and how Chiropractic can help you.

**How long do you sit on a daily basis?**

- A. All Day
- B. Most of the day
- C. Part of the day
- D. Hardly, active most of the day

**How often do you exercise or do activities on a weekly basis?**

- A. Never
- B. Some days
- C. Most days
- D. Something every day

**Have you received Chiropractic care before?**

- A. Never
- B. Every now and then
- C. I receive regular Chiropractic care as part of a healthy lifestyle

**Rate your sleep quality**

- A. Poor
- B. Average

C. Excellent

**Have you been in an accident or fallen from a height?**

A. Never

B. Accident prone

C. The odd one here and there

**How often do you use painkillers or other kinds of medications?**

A. Never

B. Rarely

C. Occasionally

D. Every day

**What do you consider your weight to be?**

A. Underweight

B. Normal

C. Overweight

D. Obese

**Does your weight affect any parts of your daily life?**

A. Yes

B. No

**Are you experiencing pain anywhere (not just the spine)? Rate your level of pain with the Red Face being "extreme pain" and the Green Face being "no pain"**



**Do you feel your posture is poor?**

A. Yes

B. No

**My posture and health limit and affect my...**

q Work

q Relationships

q Daily Activities

q Mental & Emotional State

**Rate your average daily stress level**

A. Minimal - I'm pretty chilled!

B. Pretty average

C. A fair amount

D. High stress most of the time

Please refer to the scoring sheets to see how you did!

This is not designed to be a substitute for any kind of diagnosis, to see how chiropractic care can help you in all these facets, please make an appointment with a UCA chiropractor.

You can visit our “**Find A Chiropractor**” function here... {inset link to UCA website find a chiro}