



1) PATIENT INFORMATION:

TODAY'S DATE

NAME _____ BIRTHDATE: _____

ADDRESS: _____ CITY: _____

PROV/POSTAL CODE _____ PH: _____ WK: _____

EMAIL _____ PAYMENT: PLEASE NOTE C CARD # BELOW:

_____ EXP DATE: _____

GENDER: MALE FEMALE HEIGHT: _____ WEIGHT: _____

2) LIFESTYLE INFORMATION: DO YOU USE? Y OR N IF YES, HOW OFTEN/HOW MUCH

TOBACCO (smoke, chew, dip) _____

ALCOHOL (beer, wine, hard liquor) _____

CAFFEINE (colas, coffee, tea) _____

IMPAIRMENTS: Check if you have any of the following:

Physical Impairment _____ Visual Impairment _____ Hearing Impairment _____

EXERCISE: Do you exercise regularly? ___Y ___N If Yes: Please note exercise & how often:

STRESS MANAGEMENT: Do you practice stress management techniques? ___Y ___N If Yes, pls describe:

DIET: Describe your typical daily food intake:

Breakfast:

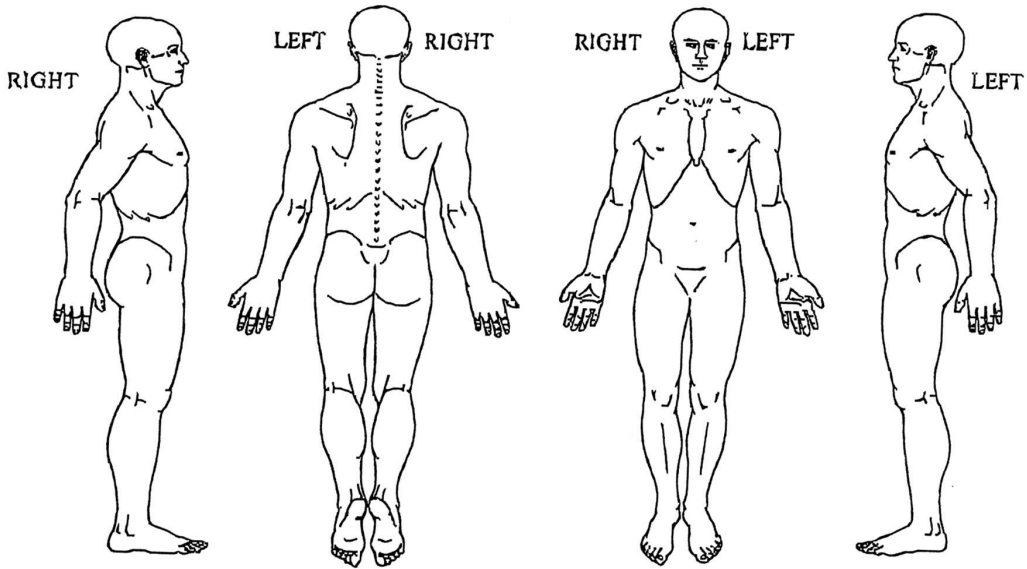
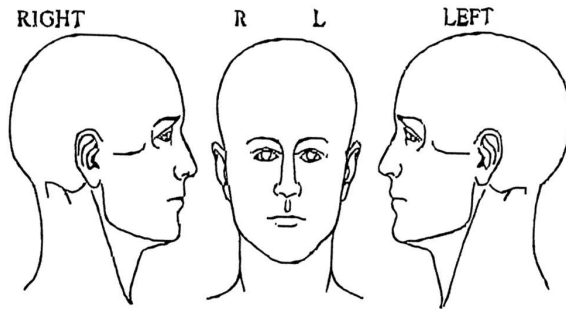
Lunch:

Supper:

Any Snacks/other:

3) DOCTOR INFORMATION: Please list each Dr. from whom you seek care with address & phone number.

BLUE ——— PAIN
 RED ——— BURNING
 GREEN ——— CRAMPING
 YELLOW ——— NUMBNESS, TINGLING



NAME _____ DATE _____

Circle the number that best describes your pain, 0 is NO PAIN and 10 is WORST IMAGINABLE PAIN.

Circle the number that best describes your pain at its worst during the last month.

0 1 2 3 4 5 6 7 8 9 10

Circle the number that best describes your pain at its least during the last month.

0 1 2 3 4 5 6 7 8 9 10

Circle the number that best describes your pain on average during the last month.

0 1 2 3 4 5 6 7 8 9 10

Circle the number that best describes your pain as it is right now.

0 1 2 3 4 5 6 7 8 9 10