

Habits:

Do you Smoke? Y / N What? _____ How Many / Day: _____ Since When? _____
 Other Tobacco Products? Y / N What? _____ How Many / Day: _____ Since When? _____
 Drink Coffee? Y / N Cups / Day? _____ Drink Caffeinated Tea? Y / N Cups / Day? _____
 Colas / Soft Drinks? Y / N Number / Day? _____ Glasses of Water / Day? _____
 Alcoholic Beverages? Y / N Avg. No. / Wk? _____ Mostly What? _____
 Do You Eat Red Meat? Y / N Are You A Vegetarian? Y / N If So, For How Long: _____
 Are You Dieting Y / N If So, Describe: _____
 Do You Eat in Fast Food Restaurants? Y / N If So, How Many Times / Week? _____
 List Nutritional Supplements You Take: _____
 Bowel Movement Frequency: _____ Difficulty? Y / N Approximate # of Times You Urinate / Day: _____
 Do You Sleep Well? Y / N If No, Describe: _____ Average Hours / Night: _____
 Do You Have Sufficient Energy For Normal Activities? Y / N If No, Describe: _____
 Do You Wear Corrective Lenses? Y / N What Is Your Uncorrected Vision? Right: ____/20 Left: ____/20
 Has Your Vision Changed Recently? Y / N Explain: _____
 Do You Wear Heel Lifts or Foot Supports? Y / N Explain: _____

XRAY HISTORY: (Include Cat, Mir, Dye Studies, and Dental) When was most recent x-ray/other study? _____

Age	Body Area	Type (normal X-ray, CAT, MRI, ect.)	No. of Studies

	Living	Age or Age of Death	Allergies	Arthritis	Alcoholism	Cancer	Depression	Diabetes	Heart Disease	High blood Pressure	High Cholesterol	Stroke	Other, Description
Father													
Father's Mother													
Father's Father													
Father's Siblings													
Mother													
Mother's Mother													
Mother's Father													
Mother's Siblings													
Your Siblings													
Your Children													

WOMEN ONLY: Menstrual History

Age at Onset: _____ Are your Periods Regular? Y / N Cycle: _____ days(start to finish) Use Birth Control Pill? Y / N
 Your Flow Is: Heavy Medium Light Date of Last Period: _____ Are You Pregnant? Y / N How Many Months: _____
 Cramping? Y / N PMS? Y / N Other Menstrual / Hormonal Symptoms: _____
 Vaginal Infections? Y / N Miscarriage? Y / N