



HEALTH CHALLENGE: Rate Your Health

We invite you to assess your health – and your family’s health – to identify where you’d like to see improvements.

You and your entire family can achieve optimal health and wellness. Believe me, it’s entirely possible! While our office does address injury recovery and neck/back issues, at Abundant Health Family Chiropractic we’re all about wholeness, wellness, and vibrancy.

Our goal is to guide entire families – adults and children – to:

- Gain vitality and boundless energy
- Get answers and insight from wellness coaching
- Get results and recovery for nagging physical issues

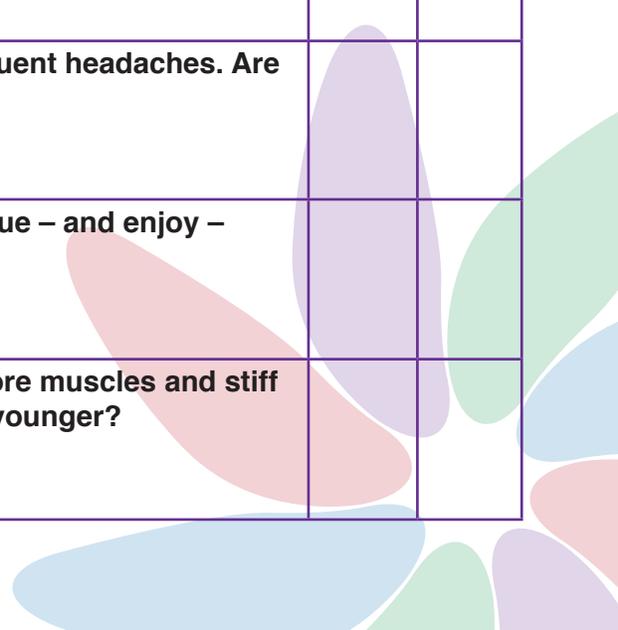
I encourage you to take a few moments to answer the questions below. I hope these questions will help you assess the health and wellness for you – and your family members.

Kimberly A. Maxwell

Directions:

Print this document. Answer **YES** or **NO** by placing a checkbox in the appropriate column. If you wish, below each question, you can add a note about an ailment, issue, or health goal.

QUESTIONS REGARDING YOUR HEALTH AND WELLNESS	YES	NO
<p>When you wake, do you feel rested? <i>My thoughts:</i></p>		
<p>Do you feel that you have enough energy to enjoy life? <i>My thoughts:</i></p>		
<p>Stress can negatively impact health and wellness, including frequent headaches. Are you managing stress well? <i>My thoughts:</i></p>		
<p>Does your body have the strength, endurance and agility to pursue – and enjoy – robust physical activity? <i>My thoughts:</i></p>		
<p>There’s a myth that, as we age, we should expect (and accept) sore muscles and stiff joints. Do your joints move as freely as they did when you were younger? <i>My thoughts:</i></p>		



QUESTIONS REGARDING YOU & YOUR FAMILY’S HEALTH AND WELLNESS	YES	NO
<p>For the most part, is everyone in the household able to fight off colds, flus, and ear infections? <i>My thoughts:</i></p>		
<p>Do you currently have access to affordable healthcare that is natural and proactive? <i>My thoughts:</i></p>		
<p>Some family members may be challenged with sensitivities to normal food items. Is your family eating well, with a wide variety of healthy choices? <i>My thoughts:</i></p>		
<p>Many teenagers come to our office due to fatigue, back strain, neck pain, and headaches. Are your teens well rested, have vitality and energy, and/or are pain-free (including headaches)? <i>My thoughts:</i></p>		
<p>We also see family members (of all ages) who are combatting repetitive-movement issues due to jobs and sports. When it comes to repetitive movement issues, is everyone in your family healthy? <i>My thoughts:</i></p>		
<p>Unfortunately, contact sports, car accidents, horseback riding, skiing, and other activities can result in concussions as well as injuries to the neck and back. Have your family members avoided all these types of impacts? <i>My thoughts:</i></p>		

**We invite you to discuss any health concerns –
for you and your family.**

If you answered “No” to any of the above questions, you and your family may benefit from a chiropractic evaluation with Dr. Kimberly Maxwell. Visit our Bozeman office, and learn about Dr. Maxwell’s unique chiropractic approach to health and wellness!

Take a moment to schedule an appointment or consultation. Be sure to bring this health assessment with you. We’ll use it as a discussion guide. Remember, we’re here to help make your vibrant family healthy, well, and wise!

- **Request an appointment:** Call us at (406) 585-7000 to request an appointment for you or your family member.
- **Schedule a complimentary 10-minute consultation:** New to Bozeman? New to chiropractic care? Looking for a family chiropractor? Call us at (406) 585-7000 to set up a complimentary 10-minute consultation.