



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