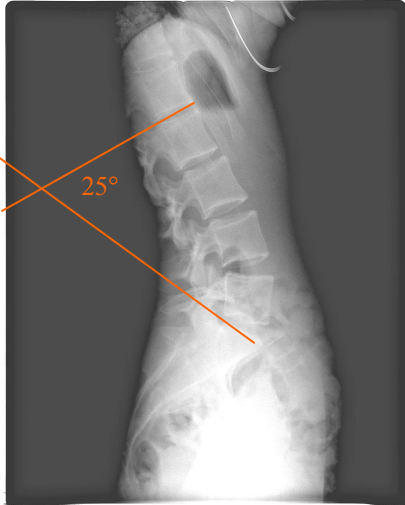


## “Connecting to Wellness” Cheat Sheet

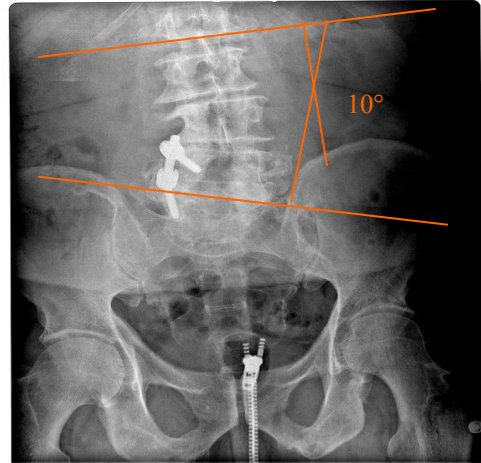
### 1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

## POSTURE TEST - X-RAY EVALUATION



Lateral  
and  
AP  
X-Ray  
Analysis



Have X-Ray Analysis of any region of interest to see if in normal range (lateral and AP views).

Score yourself:

- **Cervical Radiographs:** Lateral \_\_\_° and AP \_\_\_°. Check if normal:
- **Thoracic Radiographs:** Lateral \_\_\_° and AP \_\_\_°. Check if normal:
- **Lumbar Radiographs:** Lateral \_\_\_° and AP \_\_\_°. Check if normal:

If you checked all the regions above score yourself a 3. If you left one region unchecked score is a 2.  
If you unchecked more than 2 regions give yourself a 1.

> 1 Region Unchecked

1 Region Unchecked

All Regions Checked

**1**  
SICKNESS · CRISIS

**2**  
AVERAGE

**3.**  
PREVENTION · WELLNESS

www.connectingtowellness.com

RE-EVALUATE

30 DAYS   45 DAYS   90 DAYS   120DAYS   1/2 YEAR   \_\_ YEAR

DATE \_\_\_\_\_ NAME \_\_\_\_\_

X-RAY TEST	SCORE	
------------	-------	--