

# “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.**

### NUTRITIONAL TEST - BMI

**How to Calculate Your BMI:** Formula: weight (lb) / [height (in)]<sup>2</sup> x 703. Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703. Example: Weight = 150 lbs, Height = 5'5" (65") Calculation: [150 ÷ (65)<sup>2</sup>] x 703 = 24.96

Or go to the bottom of [www.connectingtowellness.com](http://www.connectingtowellness.com) and use the BMI calculator.

**USE CHART BELOW**

#### Weight in Pounds

	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'	30.5	33.6	36.6	39.7	42.7	45.8	48.8	51.9	54.9	58.0	61.0	64.1	67.1	70.2	73.2	76.3
4'2"	28.1	30.9	33.7	36.6	39.4	42.2	45.0	47.8	50.6	53.4	56.2	59.1	61.9	64.7	67.5	70.3
4'4"	26.0	28.6	31.2	33.8	36.4	39.0	41.6	44.2	46.8	49.4	52.0	54.6	57.2	59.8	62.4	65.0
4'6"	24.1	26.5	28.9	31.3	33.8	36.2	38.6	41.0	43.4	45.8	48.2	50.6	53.0	55.4	57.9	60.3
4'8"	22.4	24.7	26.9	29.1	31.4	33.6	35.9	38.1	40.4	42.6	44.8	47.1	49.3	51.6	53.8	56.0
4'10"	20.9	23.0	25.1	27.2	29.3	31.3	33.4	35.5	37.6	39.7	41.8	43.9	46.0	48.1	50.2	52.2
5'	19.5	21.5	23.4	25.4	27.3	29.3	31.2	33.2	35.2	37.1	39.1	41.0	43.0	44.9	46.9	48.8
5'2"	18.3	20.1	21.9	23.8	25.6	27.4	29.3	31.1	32.9	34.7	36.6	38.4	40.2	42.1	43.9	45.7
5'4"	17.2	18.9	20.6	22.3	24.0	25.7	27.5	29.2	30.9	32.6	34.3	36.0	37.8	39.5	41.2	42.9
5'6"	16.1	17.8	19.4	21.0	22.6	24.2	25.8	27.4	29.0	30.7	32.3	33.9	35.5	37.1	38.7	40.3
5'8"	15.2	16.7	18.2	19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4	31.9	33.4	35.0	36.5	38.0
5'10"	14.3	15.8	17.2	18.7	20.1	21.5	23.0	24.4	25.8	27.3	28.7	30.1	31.6	33.0	34.4	35.9
6'	13.6	14.9	16.3	17.6	19.0	20.3	21.7	23.1	24.4	25.8	27.1	28.5	29.8	31.2	32.5	33.9
6'2"	12.8	14.1	15.4	16.7	18.0	19.3	20.5	21.8	23.1	24.4	25.7	27.0	28.2	29.5	30.8	32.1
6'4"	12.2	13.4	14.6	15.8	17.0	18.3	19.5	20.7	21.9	23.1	24.3	25.6	26.8	28.0	29.2	30.4
6'6"	11.6	12.7	13.9	15.0	16.2	17.3	18.5	19.6	20.8	22.0	23.1	24.3	25.4	26.6	27.7	28.9
6'8"	11.0	12.1	13.2	14.3	15.4	16.5	17.6	18.7	19.8	20.9	22.0	23.1	24.2	25.3	26.4	27.5
6'10"	10.5	11.5	12.5	13.6	14.6	15.7	16.7	17.8	18.8	19.9	20.9	22.0	23.0	24.0	25.1	26.1
7'	10.0	11.0	12.0	13.0	13.9	14.9	15.9	16.9	17.9	18.9	19.9	20.9	21.9	22.9	23.9	24.9

BMI

<http://www.freebmicalculator.net>

Underweight    
  Normal    
  Overweight    
  Obesity

If your BMI is 30.0 and above score yourself a 1. 25.0-29.9 your score is a 2. 18.5-24.9 give yourself a 3.

30.0 and Above

25.0-29.9

18.5-24.9

**1**  
SICKNESS · CRISIS

**2**  
AVERAGE

**3.**  
PREVENTION · WELLNESS

[www.connectingtowellness.com](http://www.connectingtowellness.com)

RE-EVALUATE

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

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

BMI TEST	SCORE	
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### NUTRITIONAL TEST - BM

**Bowel Movements:** Many people believe that the definition of a normal bowel movement is having 1 movement each day, but that is not true for everyone. There is no rule for frequency of bowel movements, but the general range is from **3 times a day** to 3 times a week. Less than 3 movements a week may indicate constipation, and more than 3 watery stools a day could indicate diarrhea. A bowel movement should be soft and easy to pass, though some people may have harder or softer stools than others. **Stool should be brown or golden brown, be formed, have a texture similar to peanut butter, and have a size and shape similar to a sausage.**

Number of Bowel

Movements a day: \_\_\_\_\_

Type: \_\_\_\_\_

If your BM is absent, loose, watery or abnormal score yourself a 1. Normal but not every day your score is a 2. Normal bowel 1 to 3 times a day give yourself a 3.

Abnormal

Normal not everyday

Normal everyday

**1**  
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RE-EVALUATE

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

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

BM TEST

SCORE

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### NUTRITIONAL TEST - Balance Body Chemistry Assessment



1. Fill out Balance Body Chemistry Outcome Assessment Form and turn in to be scored by computer: Drop off or mail to: Back to Life Chiropractic      Fax: 502-470-7347  
 6225 W Highway 146  
 Crestwood, KY 40014  
 E-Mail: backtolifeKY1122@att.net

Write Results from *Balancing Body Chemistry Test*:

		TOTAL SCORE

If your total scores add up to 0-5 score yourself a 3. 6-12 your score is a 2. 13 and greater give yourself a 1.

13 < ☐

6-12 ☐

0-5 ☐

<b>1</b> SICKNESS · CRISIS	<b>2</b> AVERAGE	<b>3.</b> PREVENTION · WELLNESS
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RE-EVALUATE

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

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

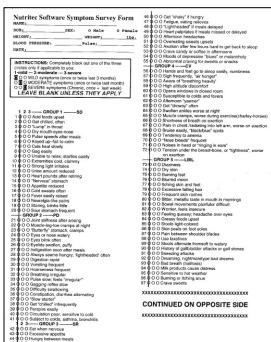
<b>Balance Body Chemistry TEST</b>	<b>SCORE</b>	
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### NUTRITIONAL TEST - Nutritec Symptom Survey Form



1. Fill out Nutritec Symptom Survey Form.

*EACH SECTION REPRESENTS A SYSTEM OF THE BODY*

Write Results from *Nutritec Symptom Survey Form*:

SD \_\_\_\_\_ PD \_\_\_\_\_ SR \_\_\_\_\_ CV \_\_\_\_\_ LBIL \_\_\_\_\_ DIG \_\_\_\_\_

HT \_\_\_\_\_ hT \_\_\_\_\_ HP \_\_\_\_\_ hP \_\_\_\_\_ HA \_\_\_\_\_ hA \_\_\_\_\_

FEMALE \_\_\_\_\_ MALE \_\_\_\_\_

TOTAL SCORE

If your total scores add up to 0-5 score yourself a 3. 6-12 your score is a 2. 13 and greater give yourself a 1.

13 <

6-12

0-5

<b>1</b> SICKNESS · CRISIS	<b>2</b> AVERAGE	<b>3.</b> PREVENTION · WELLNESS
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RE-EVALUATE

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

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

<b>SP Outcome Assessment TEST</b>	<b>SCORE</b>	
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### NUTRITIONAL TEST - PH BALANCE



Urinate or spit in a cup. Tear off a strip of PH paper or take a PH strip and dip into urine or saliva. Read results and compare to chart. Record results.

PH \_\_\_\_\_

One test can be done at our office. Strips can be bought at Back to Life Chiropractic, health food stores or online.

**Urine pH** is used to classify urine as either a dilute acid or base solution. Seven is the point of neutrality on the pH scale. The lower the pH, the greater the acidity of a solution; the higher the pH, the greater the alkalinity. The glomerular filtrate of blood is usually acidified by the kidneys from a pH of approximately 7.4 to a pH of about 6 in the urine. Depending on the person's acid-base status, the pH of urine may range from 4.5 to 8.

Secretion of an acid or alkaline urine by the kidneys is one of the most important mechanisms the body uses to maintain a constant body pH.

Acid	Healthy Body pH Range	Alkaline
< 5.0 5.0 5.5	6.0 6.5 7.0 7.5	8.0 8.5 9.0 9.5+

PH

If your PH is 4.5-6.25 score yourself a 1. 6.5-6.75 your score is a 2. 7.0-7.5 give yourself a 3.

4.5-6.25

6.5-6.75

7.0-7.5

<b>1</b> SICKNESS · CRISIS	<b>2</b> AVERAGE	<b>1.</b> PREVENTION · WELLNESS
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RE-EVALUATE

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

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

PH TEST	SCORE	
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## NUTRITIONAL TEST - ZYTO



Schedule a time to be scanned at Back to Life Chiropractic or other ZYTO owner.

Get scanned.

Take report and score yourself below. Circle areas, below, that were indicated on your test.

*(use the Zyto biosurvey information sheet to eliminate foods that could be causing inflammation)*

Please choose Bio-survey(s) to run:

Vitamins & Minerals	Digestion	Immune	Joint/Skeletal
Allergy	Weight	Gender Related Health	Neurological
Cardiovascular Support	Pain	Respiratory	Food Stressors
Custom	<b>Total Circled:</b>		

If your ZYTO has no results score yourself a 1. 1 to 2 results your score is a 2. 3 or greater give yourself a 3.

3 or greater results

1 to 2 results

No Results

**1**  
SICKNESS · CRISIS

**2**  
AVERAGE

**3.**  
PREVENTION · WELLNESS

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RE-EVALUATE

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

ZYTO TEST	SCORE	
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### CARDIO TEST - BP

Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_

Blood Pressure can be done at our office. See graphs about BP below:

Blood Pressure Category	Systolic (top #) (mm Hg)	and or	Diastolic (bottom #) (mm Hg)
Normal	less than 120	and	less than 80
Prehypertension	120–139	or	80–89
<b>High</b>			
Stage 1	140–159	or	90–99
Stage 2	160 or higher	or	100 or higher

If your BP is greater than 140/99 score yourself a 1. 120-139/80-89 your score is a 2. Less than 120/less than 80 give yourself a 3.

Greater than 140/99

120-139/80-89

Less than 120/80

<b>1</b> SICKNESS · CRISIS	<b>2</b> AVERAGE	<b>3.</b> PREVENTION · WELLNESS
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RE-EVALUATE

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

BP TEST	SCORE	
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## CARDIO TEST - THR SubMax Test with a step

Figure out you Maximum Heart Rate (MHR) by doing  $220 - \text{your age} =$  \_\_\_\_\_

### Cardiovascular with a Heart Rate Monitor with a Step:

The SubMax Step Test. Use a 6" to 8" step (almost any step in your home or in a club will do) and perform a 3-minute step test. After your warm-up, step up and down in a four-count sequence as follows: right foot up, left up, right down, left down. Each time you move a foot up or down, it counts as one step. Count "up, up, down, down" for one set, with 20 sets to the minute. It is very important that you don't speed up the pace--keep it regular. After 2 minutes, you'll need to monitor your heart rate for the last minute. The SubMax Step Test now can be used to predict your MHR for your current condition if you were in excellent shape.

**Add to your last minute's heart rate average the following number: Excellent Shape: +75 bpm**

1. Poor Shape: if you are over your THR by +25 bpm
  2. Average Shape: if you are over +10 bpm
  3. Excellent Shape: less than 10 bpm off THR
- Your result should be pretty close to your Max HR.

Your SubMax Result:	
75 +	=

If your SubMax test is 25 bpm over your THR score yourself a 1. SubMax test is 10-25 bpm over your MHR score is a 2. SubMax test is less than 10 bpm off give yourself a 3.

Poor Shape

Average Shape

Excellent Shape

**1**  
SICKNESS · CRISIS

**2**  
AVERAGE

**3.**  
PREVENTION · WELLNESS

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RE-EVALUATE

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

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

THR-SubMax with a step TEST	SCORE	
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## CARDIO TEST - THR Mile Test

**Cardiovascular** (without heart rate monitor): The Cooper Institute in Dallas recommends using this method for those **who take medication** that affects heart rate or those who don't want to use a heart-rate monitor. This really is one of the easiest ways to test your cardio fitness.

Measure a mile on an athletic field track (usually four laps) or on one of your neighborhood streets (use your car's odometer to clock the distance). Using a stopwatch or watch with a second hand, walk the mile as fast as you can without running. Note the time and compare your results with the chart to right and record results:

	Under 40		Over 40	
	Men	Women	Men	Women
<b>Excellent</b>	13:00 or less	13:30 or less	14:00 or less	14:30 or less
<b>Good</b>	13:01-15:30	13:31-16:00	14:01-16:30	14:31-17:00
<b>Average</b>	15:31-18:00	16:01-18:30	16:31-19:00	17:01-19:30
<b>Below Average</b>	18:01-19:30	18:31-20:00	19:01-21:30	19:31-22:00
<b>Poor</b>	19:31 or more	20:01 or more	21:31 or more	22:01 or more

Track time: \_\_\_\_\_

If your score is below average to poor score yourself a 1. Good to Average score is a 2. Excellent give yourself a 3.

Below AVG to Poor

Good to Average

Excellent

**1**  
SICKNESS · CRISIS

**2**  
AVERAGE

**3.**  
PREVENTION · WELLNESS

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RE-EVALUATE

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

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

<b>THR-Mile TEST</b>	<b>SCORE</b>	
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# “Connecting to Wellness” Cheat Sheet

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### FLEXIBILITY TEST - ROM

**Flexibility of Neck, Mid and Low Back:**

Do by eyeball, get measured by ROM diagnostic equipment or Back to Life Chiropractic. Write results in box next to normal values. Graphs to be filled out BELOW:

**Option of Flexibility of Mid Back:**

Keep knees locked and touched the ground with your hands. Record results: Hands flat, fingers touching, or \_\_\_\_\_ inches from the floor.

	Neck Range of Motion		
	Normal	Actual	Impairment
Flexion (head forward)	50		
Extension (head back)	60		
Left Rotation	80		
Right Rotation	80		
Left Lateral Flexion (ear to shoulder)	45		
Right Lateral Flexion (ear to shoulder)	45		

	Mid Back Range of Motion		
	Normal	Actual	Impairment
Flexion (knees locked-touch)	50		
Left Rotation (bend forward and to the left)	30		
Right Rotation (bend forward and to the right)	30		

	Low Back Range of Motion		
	Normal	Actual	Impairment
Flexion (knees locked-touch)	60		
Extension (bend back)	25		
Left Lateral Flexion (bend to left)	25		
Right Lateral Flexion (bend to right)	25		

Option 2:

**Inches from floor:** \_\_\_\_\_  
**Touch the floor:** 3 Wellness  
**5 inches or less:** 2 Average  
**5 inches or more:** 1 Crisis

Actual divided by normal=impairment

If your ROM is full in all 3 regions score yourself a 3.  
 Less than 20% impairment in any region score yourself a 2.  
 Greater than 20% impairment in any region give yourself a 1.

< THAN 20%

LESS THAN 20°OFF

FULL ROM

<b>1</b> SICKNESS · CRISIS	<b>2</b> AVERAGE	<b>3.</b> PREVENTION · WELLNESS
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RE-EVALUATE

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

<b>ROM TEST</b>	<b>SCORE</b>	
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DATE \_\_\_\_\_ NAME \_\_\_\_\_

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## STRENGTH TEST - MRULFB

**Strength UPPER AND LOWER BODY:** Lift *MINIMUM RESISTANCE*: weight (10lbs) or elastic band (blue Synergy at our office) 8 times (reps) and **check if performed every week (2 to 3 times a week).**

Bench Press: \_\_\_\_\_ Biceps Curl: \_\_\_\_\_ Triceps Curl: \_\_\_\_\_ Reverse Fly: \_\_\_\_\_

Quadriceps: \_\_\_\_\_ Hamstrings: \_\_\_\_\_ Calves: \_\_\_\_\_ each 2 to 3 X a week

Neck Muscles: Using a 22cm Synergy ball (or comparable size) available at our office do minimum (3 times) amount of reps 2 to 3 times a week: \_\_\_\_\_ 2 to 3 X a week

**STRENGTH FRONT:** Abdominals: Do minimum (20 times) sit-ups at one time without rest 2 to 3 times a week. Check if performed.

Sit Ups: \_\_\_\_\_ 2 to 3 X a week

**STRENGTH BACK:** Back Extensors: Do minimum (8 times) back extension exercises 2 to 3 times a week. Check if performed.

Superman Exercise: \_\_\_\_\_ or Elastic Band Back Extension Exercise: \_\_\_\_\_  
2 to 3 X a week

*See Rehab Sheet for Picture of Exercises in Strength Category of website*

If you performed all upper, lower, front and back exercises, MRULFB, with minimum resistance 2 to 3 times a week score yourself a 3. MRULFB once a week score is a 2.  
MRULFB less than every week or can not do minimum resistance score yourself a 1.

MRULFB not performed weekly

MRULFB > than 2to3 week

MRULFB Performed

**1**  
SICKNESS · CRISIS

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AVERAGE

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RE-EVALUATE

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

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

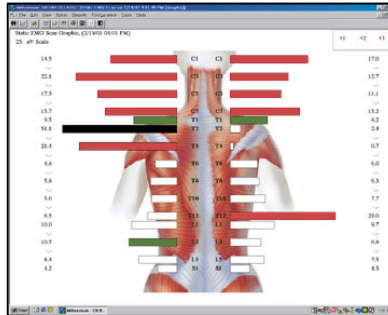
<b>MRULFB TEST</b>	<b>SCORE</b>	
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# “Connecting to Wellness” Cheat Sheet

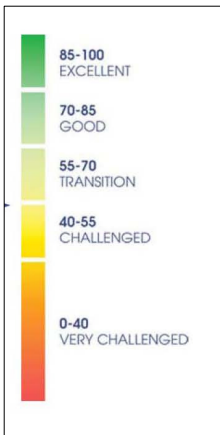
## 1 Corinthians 6:19-20

**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.**

### STRENGTH TEST - SEMG



1. Have a SEMG scan from a diagnostic center or clinic that has capability or make an appointment at Back to Life Chiropractic for scan.



**OPTION 1:**  
(SCORE PRINTED)  
Write Results from *SEMG Scan*:  
Score \_\_\_\_\_

**OPTION 2:**  
(NO SCORE PRINTED)  
**CHECK RESULTS FROM SCAN:**  
  
BLACK/RED: CRISIS  
  
BLUE/GREEN: AVERAGE  
  
WHITE: WELLNESS  
  
MARK SCORE BELOW

If your total score adds up to 80-100 score yourself a 3. 55-79 score is a 2. 0-54 score yourself a 1.

<b>1</b> SICKNESS · CRISIS	<b>2</b> AVERAGE	<b>3.</b> PREVENTION · WELLNESS
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RE-EVALUATE

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

<b>SEMG TEST</b>	<b>SCORE</b>	
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DATE \_\_\_\_\_ NAME \_\_\_\_\_

## “Connecting to Wellness” Cheat Sheet

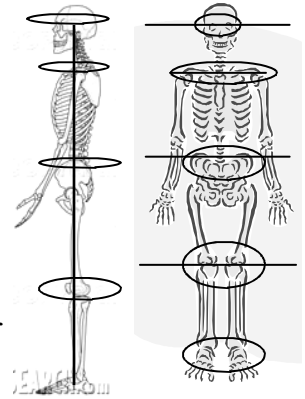
### 1 Corinthians 6:19-20

**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 - VISUAL

Posture: Posture simply refers to the alignment of your body. If you had perfect posture the forces of gravity would be distributed equally throughout your body and there wouldn't be too much stress on any one joint, ligament or muscle.

Stand with your feet shoulder width apart, toes pointing straight to the front. Your knees should be aligned with your ankles, keep a slight bend in the knee and avoid “locking” them. Your hips should be in line with your knees and your pelvis should be in a neutral position. If you were to imagine that your pelvis was a bowl of water, neutral would be the place where the water wasn't spilling out to the back or to the front. Keep your abdominal muscles tight and draw your shoulders back so that they are also in line with your hips. Your ears should be over your shoulders and chin parallel to the floor.



Visually check ( ✓ ) if your posture is like the Posture Charts:

**Side Posture:** Head \_\_\_\_\_ Shoulders \_\_\_\_\_ Pelvic \_\_\_\_\_ Knees \_\_\_\_\_ Ankle \_\_\_\_\_

**Front Posture:** Eyes \_\_\_\_\_ Shoulders \_\_\_\_\_ Pelvic \_\_\_\_\_ Knees \_\_\_\_\_ Feet \_\_\_\_\_

*If you need help seek the help of someone who evaluates posture or make an appointment at our office to be evaluated.*

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

> 2 Regions Unchecked

1to2 Regions Unchecked

All Regions Checked

<b>1</b> SICKNESS · CRISIS	<b>2</b> AVERAGE	<b>3.</b> PREVENTION · WELLNESS
www.connectingtowellness.com		

RE-EVALUATE

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

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

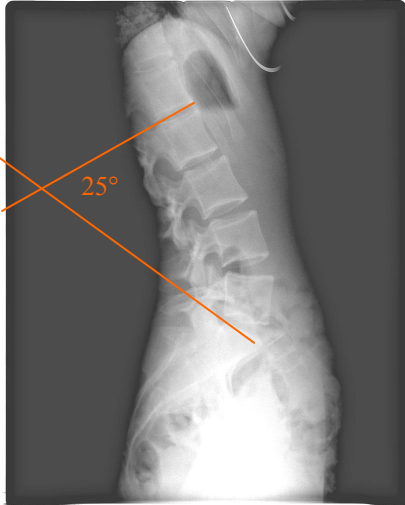
VISUAL TEST	SCORE	
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## “Connecting to Wellness” Cheat Sheet

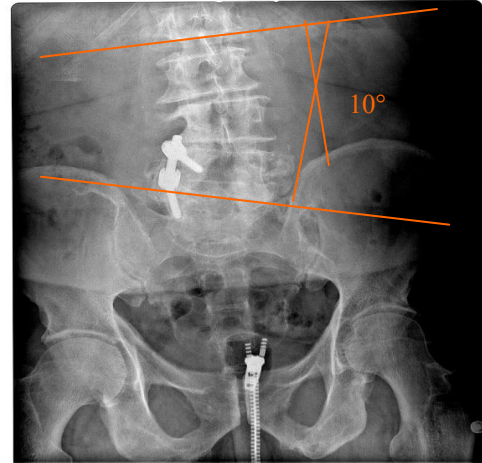
### 1 Corinthians 6:19-20

**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

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RE-EVALUATE

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

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

X-RAY TEST	SCORE	
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# “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.**

### NERVOUS SYSTEM TEST - Nutritec Symptom Survey Form



1. Fill out Nutritec Symptom Survey Form.  
*SD is for Sympathetic Nervous System and PD is for Parasympathetic Nervous System*

Write Results from Nutritec Symptom Survey Form:

SD \_\_\_\_\_

PD \_\_\_\_\_

Normal is no results.

TOTAL SCORE

If your total scores add up to 0-5 score yourself a 3. 6-12 your score is a 2. 13 and greater give yourself a 1.

13 <

6-12

0-5

<b>1</b> SICKNESS · CRISIS	<b>2</b> AVERAGE	<b>3.</b> PREVENTION · WELLNESS
www.connectingtowellness.com		

RE-EVALUATE

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

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

SP Outcome Assessment TEST	SCORE	
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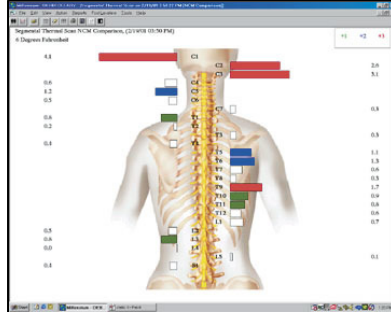


# “Connecting to Wellness” Cheat Sheet

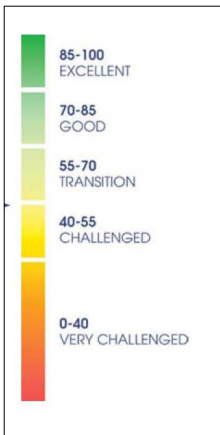
## 1 Corinthians 6:19-20

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.

### NERVOUS SYSTEM TEST - THERMAL SCAN



1. Have a thermal scan from a diagnostic center or clinic that has capability or make an appointment at Back to Life Chiropractic for scan.



**OPTION 1:**  
(SCORE PRINTED)  
Write Results from *THERMAL Scan*:  
Score \_\_\_\_\_

**OPTION 2:**  
(NO SCORE PRINTED)  
**CHECK RESULTS FROM SCAN:**

BLACK/RED:      CRISIS

BLUE/GREEN:    AVERAGE

WHITE:            WELLNESS

MARK SCORE BELOW

If your total score adds up to 80-100 score yourself a 3. 55-79 score is a 2. 0-54 score yourself a 1.

0-54

55-79

80-100

<b>1</b> SICKNESS · CRISIS	<b>2</b> AVERAGE	<b>3.</b> PREVENTION · WELLNESS
www.connectingtowellness.com		

RE-EVALUATE

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

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

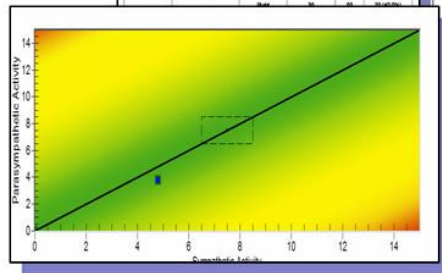
THERMAL TEST	SCORE	
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# “Connecting to Wellness” Cheat Sheet

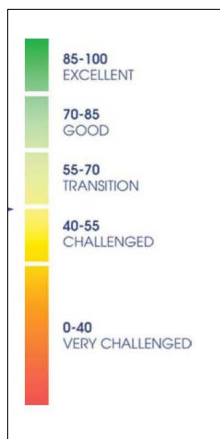
## 1 Corinthians 6:19-20

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.

### NERVOUS SYSTEM TEST - PULSE WAVE



1. Have a PULSE WAVE PROFILE scan from a diagnostic center or clinic that has capability or make an appointment at Back to Life Chiropractic for PWP test.



Write Results from *PWP test*:

Autonomic Activity Index: \_\_\_\_\_

Autonomic Balance Index: \_\_\_\_\_

Total Score \_\_\_\_\_

If your total score adds up to 80-100 score yourself a 3. 55-79 score is a 2. 0-54 score yourself a 1.

0-54

55-79

80-100

**1**  
SICKNESS · CRISIS

**2**  
AVERAGE

**3.**  
PREVENTION · WELLNESS

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RE-EVALUATE

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

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

PULSE TEST	SCORE	
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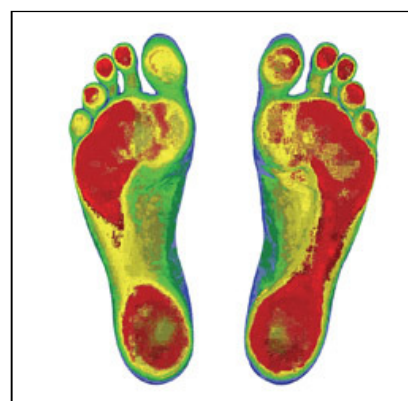
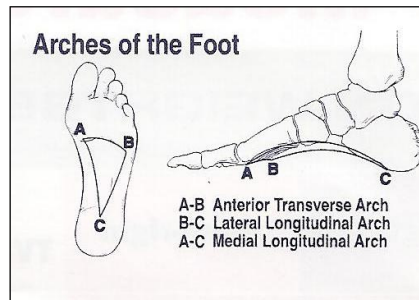
# “Connecting to Wellness” Cheat Sheet

## 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.**

### ARCHES TEST - SCAN

Arches of Feet: Feet have 3 normal arches: Your feet are the foundation of your body. They support you when you stand, walk, or run. And they help protect your spine, bones, and soft tissues from damaging stress as you move around. Your feet perform better when all their muscles, arches, and bones are in their ideal stable positions. The foot is constructed with **three arches** which, when properly maintained, give exceptional supportive strength. These three arches form a supporting vault that distributes the weight of the entire body. If there is compromise of one arch in the foot, the other arches must compensate and are subject to additional stresses, which usually leads to further compromise. A lose of the arch of the foot causes the knee and hip to rotate internally leading to knee, hip and back problems.



**FOOT SCAN:** Have foot scanned at a center that has diagnostic equipment. Schedule a time to be scanned at Back to Life Chiropractic.

**Results of SCAN:**

RIGHT FOOT: Normal or Abnormal

LEFT FOOT: Normal or Abnormal

Both feet are normal score yourself a 3 or if you wear custom made orthotics everyday. One foot normal score yourself a 2 or if you wear some type of generic orthotic or arch support everyday. Both feet abnormal score yourself a 1 and wear no type of orthotic or arch support.

Both Feet Abnormal

One Foot Normal

Both Feet Normal

**1**  
SICKNESS · CRISIS

**2**  
AVERAGE

**3.**  
PREVENTION · WELLNESS

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RE-EVALUATE

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

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

SCAN TEST	SCORE	
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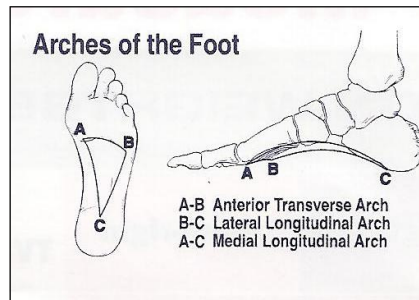
# “Connecting to Wellness” Cheat Sheet

## 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.**

### ARCHES TEST - VISUAL

Arches of Feet: Feet have 3 normal arches: Your feet are the foundation of your body. They support you when you stand, walk, or run. And they help protect your spine, bones, and soft tissues from damaging stress as you move around. Your feet perform better when all their muscles, arches, and bones are in their ideal stable positions. The foot is constructed with **three arches** which, when properly maintained, give exceptional supportive strength. These three arches form a supporting vault that distributes the weight of the entire body. If there is compromise of one arch in the foot, the other arches must compensate and are subject to additional stresses, which usually leads to further compromise. A lose of the arch of the foot causes the knee and hip to rotate internally leading to knee, hip and back problems.

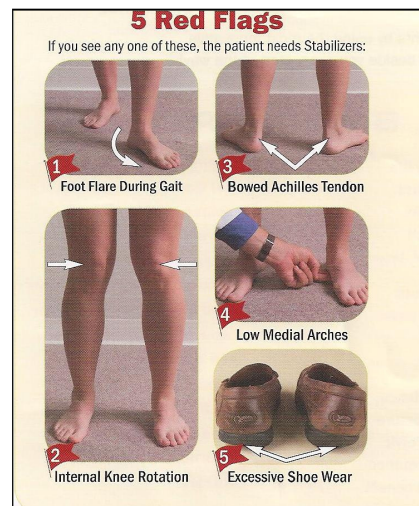


**VISUAL CHECK:** CIRCLE ANY OF THE RED FLAGS TO RIGHT

**Results of VISUAL CHECK:**

RIGHT FOOT: Normal or Abnormal

LEFT FOOT: Normal or Abnormal



Both feet are normal score yourself a 3 or if you wear custom made orthotics everyday. One foot normal score yourself a 2 or if you wear some type of generic orthotic or arch support everyday. Both feet abnormal score yourself a 1 and wear no type of orthotic or arch support.

Both Feet Abnormal

One Foot Normal

Both Feet Normal

**1**  
SICKNESS · CRISIS

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RE-EVALUATE

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

Visual TEST	SCORE	
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