

CHIROPRACTIC LIFESTYLE RATING SCALE

PAIN LEVEL

NO PAIN	AVERAGE	WORST
0.....	3.....5.....	7.....10

ENERGY LEVEL

BEST	AVERAGE	WORST
0.....	3.....5.....	7.....10

SLEEPING QUALITY

BEST	AVERAGE	WORST
0.....	3.....5.....	7.....10

BOWEL QUALITY

BEST	AVERAGE	WORST
0.....	3.....5.....	7.....10

MENTAL QUALITY

BEST	AVERAGE	WORST
0.....	3.....5.....	7.....10

HAPPINESS

BEST	AVERAGE	WORST
0.....	3.....5.....	7.....10

NAME: _____ DATE: _____ SCORE: _____