

Wellness Profile Questionnaire*

*This questionnaire can be found in Living the Chiropractic Way by Brad Burke, D.C

Select the best answer to each of the following questions. Be totally honest and use your first “gut” feeling – this will help you achieve the best results possible.

Pain and Symptoms

1. My current (over the past week) symptom(s) and/or pain are:

- a. None at all.50
- b. A minor nuisance. 40
- c. Somewhat bothersome.30
- d. Beginning to impact how I feel and what I do. 25
- e. Substantially painful or restricting what I can do. 15
- f. Hard to take, severe pain/symptoms.10
- g. Excruciating pain/symptoms are dominating.0

2. My recent (past 3-6 months) symptoms have been:

- a. None at all.30
- b. A minor nuisance.25
- c. Somewhat bothersome.20
- d. Beginning to impact how I feel and what I do.15
- e. Substantially painful or restricting what I can do.10
- f. Hard to take, severe pain/symptoms.5
- g. Excruciating pain/symptoms are dominating.0

3. In general over the past 1-10 years my symptoms have been:

- a. None at all. 20
- b. A minor nuisance. 18
- c. Somewhat bothersome. 15
- d. Beginning to impact how I feel and what I do.10
- e. Substantially painful or restricting what I can do. 6
- f. Hard to take, severe pain/symptoms. 3
- g. Excruciating pain/symptoms are dominating.0

1.	
2.	
3.	
Tot:	

Overall Health

4. My current health is best described as:

- a. Perfect. I have no known health conditions.40
- b. Excellent. I have one or two minor conditions, and they don’t really affect my life.30
- c. Good. I have one or two conditions that are starting to concern me or a few minor ones.25
- d. Fair. I have one or two moderate or several minor conditions somewhat affecting my life.20
- e. Concerning. I am very concerned about one or more health conditions.10
- f. Poor. My health condition(s) are significantly affecting my life.5
- g. Failing. I have one or more severe or life-threatening illnesses.0

5. My past health is best described as:

- a. Perfect. I have no known health conditions.30
- b. Excellent. I have one or two minor conditions, and they don't really affect my life.25
- c. Good. I have one or two conditions that are starting to concern me or a few minor ones.20
- d. Fair. I have one or two moderate or several minor conditions somewhat affecting my life.15
- e. Concerning. I am very concerned about one or more health conditions.10
- f. Poor. My health condition(s) are significantly affecting my life.5
- g. Failing. I have one or more severe or life-threatening illnesses.0

6. I get sick:

- a. Never or almost never. 30
- b. Rarely. 25
- c. Sometimes. 20
- d. Often.5
- e. Always. 0

4.	
5.	
6.	
Tot:	

Energy and Vitality

7. In general, the following statement best describes my energy and vitality:

- a. I feel great all the time, wake up refreshed, and have plenty of energy throughout the day. 50
- b. I feel energized most of the time, but run a little low on energy at times.40
- c. I have my ups and downs – some days and times are good, others aren't. 30
- d. I frequently feel somewhat drained. I'd like to do more, but my energy doesn't allow. 20
- e. I feel tired when I wake or have some difficulty making it through the day. 10
- f. I rarely feel energetic. I often feel sluggish or foggy. Lack of energy is really affecting my life. 5
- g. I can't wait to get more rest. My snooze button is my best friend. 0

8. Rank yourself on a scale of 1-10, 1 being little and 10 being unlimited energy/vitality. _____
1=0, 2=10, 3=15, 4=20, 5=25, 6=30, 7=35, 8=40, 9=45, 10=50

7.	
8.	
Tot:	

Nutritional Wellness

9. My typical diet can be best described as:

- a. Ideal. I focus on eating exactly the right foods nearly all the time. 40
- b. Excellent. I eat a very well balanced diet with few unhealthy snacks or desserts. 30
- c. Good. I eat a relatively good diet, but don't necessarily pay much attention to specifics. 25
- d. Fair. For the most part, I eat well. However, I often eat foods that aren't particularly healthy. 20
- e. Marginal. I have a typical American diet. 10
- f. Poor. I eat foods that I like, often eat junk food/soda, and eat few fruits and vegetables. 5
- g. Harmful. I eat mainly processed foods, and rarely eat healthy foods like fruits and veggies. 0

10. If I add together the processed snacks, sodas and desserts I eat, I average _____ per day:

- a. 0 20
- b. 1 15
- c. 2-3 10
- d. 4-5 5
- e. More than 5. 0

11. I eat about _____ servings of fruits and vegetables per day:

- a. 0 0
- b. 1 5
- c. 2-3 10
- d. 4-5 15
- e. More than 5. 20

12. My supplement plan can best be described as:

- a. I have a well-planned program of taking specific vitamins, minerals, and other supplements. 20
- b. I take some natural supplements that generally fit my needs. 15
- c. I usually take my multivitamin. 10
- d. I occasionally take supplements, but not on a regular basis. 5
- e. I rarely if ever take nutritional supplements. 0

9.	
10.	
11.	
12.	
Tot.	

Physical Fitness

13. Rate your BMI (body mass index):

- a. At or near my ideal weight.40
- b. 10 lbs over my ideal weight. 20
- c. 20 lbs over my ideal weight. 10
- d. 30 lbs over my ideal weight. 5
- e. More than 30 lbs over my ideal weight. 0

14. Your cardio-vascular and muscular endurance test showed you were?

- a. Exceptional. 40
- b. Fit. 30
- c. Average. 20
- d. Unhealthy. 5
- e. High Risk. 0

13.	
14.	
15.	
Tot.	

15. In general, the following statement best describes my level of fitness.

- a. I lead a highly active life and am extremely fit. 20
- b. I am relatively fit – far more than most. 15
- c. I am generally happy about how my body looks and feels and I stay quite active. 10
- d. I exercise regularly, but only 2-3 times per week. I would like to look and feel better. 10
- e. I have some activities, such as walking or golf, but am not terribly active most of the time. 10
- f. I get out once in a while, but I would probably have trouble getting to the 6th floor by stairs. 5
- g. I rarely if ever exercise, and most people would be concerned about my physical fitness. 0

Emotional Health and Stress

16. The following best describes my emotions:

- a. I usually listen to my emotions and make changes in my life, without much stress. 20
- b. I get stressed-out sometimes, but generally feel great about myself. 18
- c. I sometimes let my emotions get the best of me. 15
- d. I frequently feel stressed-out when my life gets too crazy. 10
- e. I don't let myself get too emotional – it's not healthy to be too emotional. 5
- f. I am frequently anxious or depressed or have a hard time dealing with stressful situations. 2
- g. I take medications for psychological reasons and/or have a clinical psychological condition. 0

17. When someone pulls out in front of me on the highway, I:

- a. Smile and wave, then laugh about it to myself. 20
- b. Do nothing. 17
- c. Wonder why they could drive that poorly. 15
- d. Mutter to myself what a stupid driver they are. 10
- e. Start yelling at them (in my own car, of course). 5
- f. Lay on the horn or give them an unfriendly gesture. 2
- g. Catch up to them so I can personally show them my displeasure at their poor driving. 0

18. I feel that:

- a. I am in complete control of my life. 20
- b. Things outside my control make my life difficult. 0
- c. Other people and events have prevented me from being happy and successful. 0
- d. My life frequently seems out of control. 0

19. When life gets challenging, I generally:

- a. Enjoy the challenge and become even more inspired and dedicated. 20
- b. Change my focus by reading, exercising, or meditating, etc. 15
- c. Go to my friends/family/clergy for advice. 15
- d. Complain to my friends and family members about the things that are going on. 10
- e. Check with a doctor or psychologist to see if a prescription can help. 5
- f. Want to be by myself to “escape.” 0

20. Rate yourself on a scale of 1-10, 1 being totally stressed out and 10 being completely in control. _____ 1=2, 2=4, 3=6, 4=8, 5=10, 6=12, 7=14, 8=16, 9=18, 10=20

16.	
17.	
18.	
19.	
20.	
Tot:	

Family and Relationship

21. The following best describes my relationship with my family:

- a. I love everyone in my family unconditionally and we respect each other's differences. 30
- b. Most days are great, but I occasionally get into conflicts with family members. 25
- c. My family relationships have mostly good days and a few bad days. 20
- d. I frequently feel stressed-out by my family. 10
- e. It seems that I am usually at odds with my family. 0

22. In my relationships with others, I:

- a. Don't necessarily agree with everyone, but get along extremely well with everyone. 20
- b. Get along very well with all of my friends and co-workers. 17
- c. Get along well with most people. 15
- d. Sometimes have a hard time getting along with some people. 10
- e. Prefer to stay away from certain people. 7
- f. I am frequently anxious or upset when dealing with other people. 3
- g. My boss and/or co-workers drive me crazy. 0

23. Rate your relationships on a scale of 1-10, 1 being very difficult and 10 being perfect. _____
1=0, 2=10, 3=15, 4=20, 5=25, 6=30, 7=35, 8=40, 9=45, 10=50

21.	
22.	
23.	
Tot:	

Sleep Quality

25. The following best describes my current sleep patterns:

- a. I fall asleep easily and wake up refreshed and inspired nearly every day. 100
- b. I fall asleep easily, but sometimes it takes me a little while to get going in the morning. 80
- c. I sometimes have trouble falling asleep, and this affects my morning. 60
- d. I frequently toss and turn and have some difficulty getting restful sleep. 40
- e. Most nights are troublesome, and I don't usually feel refreshed when I awake. 20
- f. I hit the snooze (or want to) more than once on an average day, and often feel groggy. 20
- g. I typically feel worse in the morning than when I went to bed. 0

25.	
Tot:	

Social Wellness

26. If I were asked to speak to a group of 100 people, I would:

- a. Gladly accept and look forward to giving a great presentation. 20
- b. Accept, but I would be a little bit worried about how I would do. 15
- c. Accept, but I would be quite nervous about speaking in front of that many people. 10
- d. Get nervous, and maybe see if there was a way I could get out of it. 5
- e. Be very nervous, and probably turn down the opportunity. 0

27. In social situations:

- a. I feel equally at home with a friend, with a new acquaintance, or in a large group. 30
- b. I enjoy being around others, but occasionally feel uncomfortable with people I don't know. 25
- c. I am comfortable with people I know, but uncomfortable around people I don't know well. 15
- d. I usually prefer to stay at home, rather than facing groups of people I don't know well. 5
- e. I rarely socialize. Instead, I spend most of my time home alone or with my family only. 0

28. When it comes to my social life:

- a. I am as involved as I like, and do a number of fun activities with friends and acquaintances. 30
- b. I do quite a bit socially, but sometimes I wish I could have more fun. 25

- c. I socialize with some friends, but not as much as I would hope. 15
- d. I often wish I had more friends, and could do more things socially. 10
- e. I often feel lonely, and really could use more people in my life. 5
- f. For the most part, I don't like being around other people. 0

29. I am active in approximately _____ social/civic/church/social groups:

- a. 5 or more 20
- b. 4 15
- c. 2-3 10
- d. 1 5
- e. 0 0

26.	
27.	
28.	
29.	
Tot:	

Spiritual Wellness

30. I feel today's world is:

- a. A wonderful gift from God, but humans need to take more responsibility for their actions. 20
- b. A very good place with a few problems that should be addressed. 17
- c. More good than bad. 15
- d. Pretty scary sometimes. 10
- e. A ticking time bomb because of many of the bad things people have done. 5
- f. A frightening place to live. 2
- g. Full of evil people who do terrible things. 0

31. People are:

- a. Exactly as they should be, but I love bringing out the best in everyone. 20
- b. For the most part good. 17
- c. Generally more good than bad. 15
- d. Some good, some bad. 10
- e. Usually out for themselves. 5
- f. Often out to get my money and other things. 2
- g. To be avoided as much as possible. 0

32. I attend church or a spiritual group, or do some significant form of personal spiritual ritual:

- a. Every week. 20
- b. Most weeks. 17
- c. Twice a month. 15
- d. Once a month. 10
- e. Occasionally. 5
- f. Only for weddings or other family events. 2
- g. Rarely, if ever. 0

33. On average, I think deeply about my higher power, pray, or meditate:

- a. Every day. 20
- b. Most weeks. 17
- c. Three times a week. 15

- d. Twice a week. 10
- e. Once a week. 5
- f. Only when something bad happens or if I need something. 2
- g. Rarely, if ever. 0

34. On average, I read a spiritually enlightening book or religious text:

- a. Weekly. 20
- b. Monthly. 17
- c. A few per year. 15
- d. One or two per year. 10
- e. Every year or two. 5
- f. Only when someone gives me one. 2
- g. Never. 0

30.	
31.	
32.	
33.	
34.	
Tot:	

Career or Contribution – Answer Question 35 if you work, Answer question 36 if you are retired or do not work.

35. The following best describes how I feel about my career:

- a. I always feel like I’m going to work because I love what I do, and I continue to improve. 100
- b. I like my job, and may have the opportunity to advance. 80
- c. My job is ok, but I feel I could do better. 60
- d. I seem to get stressed a lot at work. 40
- e. I really don’t like my job, but don’t know what else to do. 20
- f. I really only go to work for the paycheck. 10
- g. I can’t stand my job, and would make a change immediately if I could. 0

35.	
Tot:	

Or

36. The following best describes how I feel about my current contribution to the community and world:

- a. I am extremely busy doing many things to contribute. 100
- b. I enjoy contributing and feel that my role is important. 80
- c. I get involved sometimes, but wish I could contribute more. 60
- d. I would like to contribute more, but don’t know how. 40
- e. I wish I had more to contribute. 20
- f. I’ve pretty much accomplished everything I can, and I’m just living out my life. 10
- g. I feel like I’m a burden on other people. 0

36.	
Tot:	

Financial Wellness

37. With regard to money and resources, I believe:

- a. There is plenty of wealth in the world so it’s possible for everyone to be wealthy. 30
- b. For the most part, people can be wealthy if they do the right things. 25
- c. There will always be a lot of wealth for some, but most people are relatively poor. 20
- d. There’s plenty of money, but I need to keep mine to be safe. 15
- e. Money is limited. There’s only so much to go around. 10
- f. Most people are just out to get your money. I am very careful with mine. 5
- g. Money is the root of all evil. 0

38. When I want something that is expensive, I *usually*:

- a. Plan out how to acquire enough money to buy it, no matter what the price. 30
- b. Decide whether it's something I really want and if it is worth the investment I'll buy it. 25
- c. Buy it if it seems like a really good deal. 20
- d. Buy it only if I have a coupon or if it's on sale. 15
- e. Buy it if my credit card has enough available credit. 10
- f. Grovel over the price or worry about the price, but usually not buy it. 5
- g. Realize I can't afford it and move on. 0

39. With regard to tithing:

- a. Everyone should tithe at least 10% of everything they make. 20
- b. People should tithe, if they can afford to. 5
- c. People should be able to keep their hard-earned money. 0

37.	
38.	
39.	
40	
Tot:	

40. Pick one best answer:

- a. I have a financial planner and have a complete plan for retirement, travel, education, etc. 20
- b. I invest significantly in stocks/bonds/real estate, etc. even if there is some risk. 15
- c. I save for a rainy day. 10
- d. I don't trust anyone else with my money. 5
- e. I have no specific financial plan, I'm just happy to pay the monthly bills.

Now add all 12 totals together. Then divide by 12. This number is _____.

Subtract 15 if you smoke, subtract 10 if you drink more than 7 drinks a week, subtract 10 if you take medications daily, subtract 10 if your oldest relative didn't live to be past seventy years of age, and add 10 if your oldest relative lived to be over 80.

This final number is your overall wellness quotient. _____%. **THIS IS YOUR CURRENT WELLNESS QUOTIENT.** 110% is the highest percentage possible.