

Neuro-Spinal Integration Baseline Survey

NAME: _____ SEX: _____ TODAY'S DATE: _____
ADDRESS: _____ CITY, STATE, & ZIP: _____
PHONE: _____ CELL PHONE: _____
BIRTH DATE: _____ E-MAIL: _____
OBJECTIVE FOR RECEIVING CARE: _____

***This baseline survey helps us keep track of your quality of life.
How true or false is each of the following statements for you?
Circle the "ONE" best answer to each question:***

1. I have peace in my body.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
2. I am enthusiastic about life.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
3. I am a confident person.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
4. I enjoy life.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
5. My awareness is keen.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
6. I move with ease.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
7. I am energetic.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
8. I have peace of mind.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
9. My body releases its tension well on its own.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
10. I am aware of what my body needs in relationship to water and dietary intake.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
11. I follow the guidance of my body in relationship to activity and rest.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
12. I am optimistic about the future.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)

13. I have a relaxed feeling within.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
14. Challenges I face do not last long.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
15. My body is flexible and moves well.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
16. I experience gratitude often.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
17. I meet challenging times well.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
18. I am centered most often.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
19. I focus well and complete the tasks I begin.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
20. I am comfortable in expressing myself.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
21. I am loving toward others.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
22. I am aware of the outer environment.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
23. I face challenges well.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
24. I great show respect for various perspectives.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
25. I deal with friends and family well.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
26. I am connected to my deeper feelings and beliefs.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
27. I am in touch with my distinct rhythms.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
28. I interpret life and my life's experiences objectively.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
29. I am secure in life.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
30. My overall quality of life is.
(Excellent / Better Than Average / Average / Worse Than Average / Poor)