



# Martin Chiropractic

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To better serve you and help you reach your Health Goals, please complete:

## What are your Health Goals?

Check all that apply:

I want to be out of pain

I want to have good quality/longevity of life

I want to tone/strengthen my body (maybe lose a few inches)

I want to lose/gain \_\_\_\_\_ lbs. in a healthy manner

I want to be healthier so I do not have to take medications

I want my family checked in case they have spinal/nervous system problems that are undetected

Other \_\_\_\_\_

Patient Name: \_\_\_\_\_