

## Health Satisfaction Score (HSS)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Email Address: \_\_\_\_\_

Please answer the questions on a scale of 1 to 10, 1 representing that you don't agree with the statement and 10 representing that there is no doubt in your mind or heart that you agree with the statement.

[1 - Absolutely Disagree] [2] [3] [4] [5] [6] [7] [8] [9] [10 - Absolutely Agree]

### **Section 1 - Physical Health**

1. I am a physically fit person and formally exercise on a regular basis.  
[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]
2. I have a physically attractive body that I am proud to look at in the mirror.  
[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]
3. I have not had many traumas in my life (auto accident, broken bones, bad falls).  
[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]
4. I get at least 7 hours of sleep, 7 days at week  
[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]
5. I have gotten regular Chiropractic care within the past 5 years.  
[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

**Section 1 total** \_\_\_\_\_

### **Section 2 - Emotional/Mental Health**

6. I am a calm, peaceful person. I can shut my mind off and focus my mind at will.  
[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]
7. I practice some form of mental relaxation (meditation, yoga, breathing exercises, prayer, etc.) on a regular basis.  
[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]
8. Most of the time, I am truly happy and feel a sense of purpose in my life.  
[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]
9. I have healthy relationships and a rich social network of friends and activities.  
[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]
10. I am organized, have time for myself, and can prioritize the important tasks in my life.  
[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

**Section 2 total** \_\_\_\_\_

### **Section 3 - Chemical/Nutritional Health**

11. I eat 4-6 small meals daily and properly combine my protein, carbs. and fats.  
[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]
12. I supplement everyday with good supplements such as a vitamin/mineral complex, antioxidants, and good fatty acids (fish oil, flax seeds).  
[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]
13. I do not take medications for chronic medical problems such as digestive disorders; cardiovascular problems; headaches; chronic pain; blood sugar problems; chronic fatigue; immune problems or chronic infections; or any other chronic conditions.  
[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]
14. I do not smoke cigarettes.  
[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]
15. I drink water as my primary beverage and consume at least 30 ounces per day.  
[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

**Section 3 total** \_\_\_\_\_

**Grand total of all three sections:** \_\_\_\_\_