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WELLNESS QUESTIONNAIRE:

What is your blood type?: _____

On a scale of 1-10, how would you rate your overall stress (1: hardly any, 10: I can not function normally due to my stress levels): _____

Do you catch yourself holding your breath, breathing shallower or breathing quicker when stressed? Y/N

On a scale of 1-10, with 1 being not happy with where you are at and 10 being you are happy with and exactly where you want to be, please rate your following Wellness:

Social Wellness (you are good at creating and maintaining healthy relationships)

at home (1-10): _____

at work (1-10): _____

with friendships (1-10): _____

with all people (1-10): _____

with future generations (1-10): _____

Physical Wellness

exercise (# days per week you currently exercise?) _____

flexibility (1-10): _____

cardiovascular health (1-10): _____

strength (1-10): _____

nutrition (1-10): _____

how many meals per day do you typically consume?: _____

do you snack during the day?: _____

do you have food cravings? _____

rest and sleep (1-10): _____

how many hours do you typically sleep at night?: _____

what time do you typically wake?: _____

what time do you typically go to bed?: _____

sex (1-10): _____

stress management (1-10): _____

responsible use of alcohol and other drugs (1-10): _____

Emotional Wellness

you are good at having a realistic self-concept (1-10): _____

you realistically assess your potentials and limitations (1-10): _____

you are good at expressing your feelings (1-10): _____

you are good at talking about your feelings (1-10): _____

you are good at recognizing your feelings (1-10): _____

you talk to yourself in healthy ways (1-10): _____

Career Wellness

you are satisfied with your job and its match to your skills and knowledge (1-10): _____

you stay current in your field (1-10): _____

you create a healthy organizational environment (1-10): _____

you are good at balancing work with the rest of your life (1-10): _____

Intellectual Wellness (you use your mind to create a greater understanding and appreciation of the universe and yourself)

you reflect on your opinions, judgments, and questions (1-10): _____

Environmental Wellness (you contribute to sustaining or improving the quality of life in the universe (air, water, land, energy) so future generations of each species may survive and thrive; recognizing the interdependence of nature) (1- 10): _____

Spiritual Wellness (you have good meaning and purpose in life and demonstrate your values through behavior)

wholeness (1-10): _____

unity (1-10): _____

diversity (1-10): _____

individual uniqueness (1-10): _____

need for community (1-10): _____

personal responsibility to oneself (1-10): _____

personal responsibility to community (1-10): _____

Would you like to designate a specific religious affiliation? If so, please list it here: _____

If you are familiar with the 5 love languages, what is your love language?

physical touch

gifts

words of affirmation

acts of service

quality time

Do you have any specific prayer requests I can pray for?: _____
