

DISCOVER CHIROPRACTIC LIFESTYLE RATING SCALE

PAIN LEVEL

WORST	AVERAGE	NO PAIN
0.....	3.....5.....	7.....10

ENERGY LEVEL

WORST	AVERAGE	BEST
0.....	3.....5.....	7.....10

SLEEPING QUALITY

WORST	AVERAGE	BEST
0.....	3.....5.....	7.....10

BOWEL QUALITY

WORST	AVERAGE	BEST
0.....	3.....5.....	7.....10

MENTAL QUALITY

WORST	AVERAGE	BEST
0.....	3.....5.....	7.....10

HAPPINESS

WORST	AVERAGE	BEST
0.....	3.....5.....	7.....10

NAME: _____

DATE: _____

SCORE: _____