

HEALTH INVENTORY

Are you ready to optimize your health?

We are here to help you navigate your health journey from average or below to optimal as much as possible. The following is a 3-part health inventory form for you to evaluate your present physical, mental, and spiritual health.

This inventory can help you, us, and other doctors you may visit gain an understanding of your overall health and what areas should be addressed.

PHYSICAL HEALTH INVENTORY

Rate the following areas of your physical health with 1 being the lowest and 10 the highest.

SLEEP 6-9 hours of restful sleep, 7 days a week	1...2...3...4...5...6...7...8...9...10
DIGESTION no issues, formed daily bowel movements	1...2...3...4...5...6...7...8...9...10
HEART HEALTH blood pressure, cholesterol, blood sugar	1...2...3...4...5...6...7...8...9...10
BRAIN HEALTH mood, memory, mental function	1...2...3...4...5...6...7...8...9...10
HORMONES regulated and routine, mild to no PMS, thyroid	1...2...3...4...5...6...7...8...9...10
LIBIDO satisfaction	1...2...3...4...5...6...7...8...9...10
SKIN clear and healthy	1...2...3...4...5...6...7...8...9...10
ENERGY	1...2...3...4...5...6...7...8...9...10
PAIN	1...2...3...4...5...6...7...8...9...10
IMMUNITY get sick, but rare and not severe	1...2...3...4...5...6...7...8...9...10
ALLERGIES	1...2...3...4...5...6...7...8...9...10

WEIGHT	
stable, healthy and manageable	1...2...3...4...5...6...7...8...9...10
DIET	
high in fruits, vegetables, and protein, consistent appetite	1...2...3...4...5...6...7...8...9...10
EXCERSISE	
movement/activities	1...2...3...4...5...6...7...8...9...10

MENTAL HEALTH INVENTORY

Rate the following areas of your mental health with:

**1 = "I feel overwhelmed on a daily basis and continuously struggle with it."
and
10 = "I have tools and use them to navigate this aspect of life in a healthy manner."**

ANXIETY	1...2...3...4...5...6...7...8...9...10
DEPRESSION	1...2...3...4...5...6...7...8...9...10
STRESS	1...2...3...4...5...6...7...8...9...10
MOOD	1...2...3...4...5...6...7...8...9...10
GRIEF	1...2...3...4...5...6...7...8...9...10
LONLINESS	1...2...3...4...5...6...7...8...9...10
GUILT/SHAME	1...2...3...4...5...6...7...8...9...10
RELATIONSHIPS	1...2...3...4...5...6...7...8...9...10
SELF-CARE	1...2...3...4...5...6...7...8...9...10
SOCIAL CONNECTION	1...2...3...4...5...6...7...8...9...10

SPIRITUAL HEALTH INVENTORY

Rate the following areas of your spiritual health with:

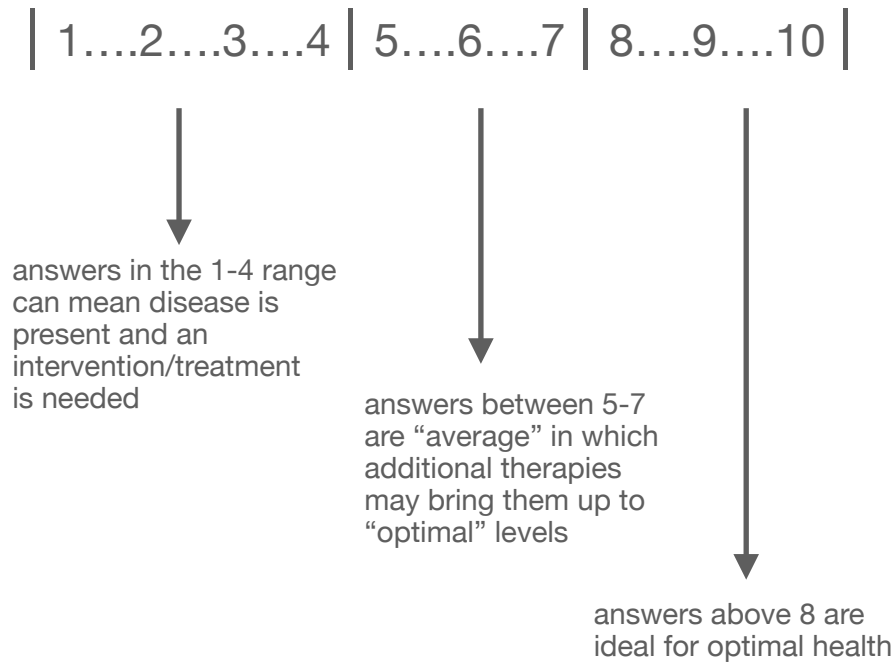
**1 = No, I DO NOT feel I have this in my life right now.
and
10 = Yes, I DO feel and have this in my life right now.**

HAVE MEANING/PURPOSE IN LIFE	1...2...3...4...5...6...7...8...9...10
HAVE HAPPINESS	1...2...3...4...5...6...7...8...9...10
FEEL FULFILLED/VALUED IN LIFE	1...2...3...4...5...6...7...8...9...10
HAVE A BELIEF SYSTEM	1...2...3...4...5...6...7...8...9...10

HAVE TOOLS FOR DEALING WITH SUFFERING 1...2...3...4...5...6...7...8...9...10
CAN GROW AND LEARN 1...2...3...4...5...6...7...8...9...10

ANALYSIS:

As you examine your answers, take note of the following:



What areas are average or below?

Are you ready to optimize them?

Dr. Graves and the Colorado Natural Medicine + Acupuncture team specialize in overall wellness, treating root causes of health issues and creating a path to healing and/or management.

To begin your optimization:

[click here to schedule a complimentary 15 minute phone consultation with Dr. Graves,](#)

call us at **(303) 688-6698,**

or email us at **info@coloradonaturalmed.com.**