



PATIENT NAME \_\_\_\_\_

Please choose the maintenance care choices that help you feel and function at your best. We will confirm the times and dates that work best for you.



## ADJUSTMENTS 2017

Maintain optimal spine health and movement, nerve function, health and vitality throughout the year.

### Best Frequency

1 x Week  2 x Month  1 x Month  1 x Quarter

### Best Day

M  T  W  Th  F  S  9-11

### Best Time

7:30 - 9  10 - 11  1:30 - 3  4 - 5  11 - 1 (T)



## MASSAGE 2017

Reduce stress and muscular knots to feel relaxed, exercise and sleep well and maintain healthy movement throughout the year.

### Best Massage Length

10 Min \_\_\_ 30 Min \_\_\_ 45 Min \_\_\_ 60 Min \_\_\_ 90 Min \_\_\_

### Best Frequency

1 x Week  2 x Month  1 x Month  1 x Quarter

### Best Day

M  T  W  Th  F  S  9-11

### Best Time

7  8  9  10  11  12  1  2  3  4  5  6



## FITNESS 2017

Build strength, flexibility, balance and endurance to move well in sports and live well in your daily life. Keep your bones and joints strong and healthy throughout the year.

### Fitness Choice

10 min PowerPlate  30 min TEC  Pers Training 10  30  60  min

60 FitClass M 6  9  5q T 6  9  W 6  9  5  Th 6  9  5

30 Stretch Class M 7  T 7  W 7  Th 7

Best Frequency 3 x Wk  2 x Wk  1 x Wk  2 x Mo  1 x Mo

Best Day M  T  W  Th  F  S  9-11

Fitness Eval Measurements, BIA & Goals 1 x Mo  1 x Quarter