

Instructions for Questionnaire

These questionnaires's asks you to assess how you have been feeling during the last 12 months.

This information will help to evaluate your present condition and also keep track of how your symptoms respond to changes in your eating habits, supplement program and other recommendations given by this office.

If you do not know the name of the symptom or the meaning of the symptom or any other questions, please circle the number of the question and mention this to Dr. Hardy prior to the consult

All information is held in strict confidence. Take all the time you need to complete this questionnaire.

More than 1 question may appear in different sections, be sure to answer each and every question accordingly.

How to Answer the Correct Symptom

Remember any symptom you have is not normal, regardless of how long you have had the symptom. Be sure to include all symptoms.

Example of Question

You have a condition of heartburn, indigestion, excess stomach acid or reflux. You take something to help (such as Tums, milk, apple cider vinegar, etc) to control this symptom.

On the questionnaire, where it lists heartburn, indigestion, excess stomach acid, reflux, etc. make sure that you circle the appropriate answer in which the correct answer is actually a "1 - 4" or "yes" from the scale below.

If you no longer have symptoms or the symptoms are controlled or suppressed because you take over the counter medications, prescribed medications, herbs, vitamins, minerals, foods or any other supplement, please check the symptoms as they are before taking any of the above mentioned products or refraining from any of the above mentioned products.

*** If any of the symptoms do not apply to you, leave the question blank ***

Scoring Scale

For each question, circle each answer that best describes your symptoms:

Possible Choices

Definition

1	The symptom occurs 1 – 2 days per month
2	The symptom occurs 1 – 2 days per week
3	The symptom occurs 3 – 4 days per week
4	The symptom occurs 5 or more times per week
Yes	If you answer yes to any question, be sure to circle yes

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