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The Wellness Institute:
A Creating Wellness
Center

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FAST TRACK TO HEALTH FORM

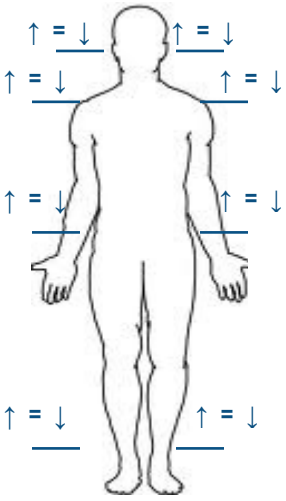
Currently, how would you rate your Health?	0	1	2	3	4	5	6	7	8	9	10
Currently, how would you rate your Quality of Life?	0	1	2	3	4	5	6	7	8	9	10
Currently, how would you rate your Stress level?	0	1	2	3	4	5	6	7	8	9	10
Currently, how would you rate your Physical Stress level?	0	1	2	3	4	5	6	7	8	9	10
Currently, how would you rate your Emotional Stress level?	0	1	2	3	4	5	6	7	8	9	10
Currently, how would you rate your Biochemical Stress level?	0	1	2	3	4	5	6	7	8	9	10
Currently, how would you rate your Fitness?	0	1	2	3	4	5	6	7	8	9	10
Currently, how would you rate your Nutrition?	0	1	2	3	4	5	6	7	8	9	10
How Important is YOUR Health to YOU?	0	1	2	3	4	5	6	7	8	9	10

How long would you want to live if You Had a Better Quality Of Life?_____

At the rate you are going will this likely happen? 0 1 2 3 4 5 6 7 8 9 10

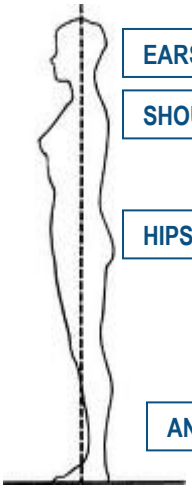
YOUR M-PYR =Your oldest relative ever MINUS your current age _____

POSTURE WORKSHOP



PLEASE STAND UP.
PARTNER WITH PERSON NEXT TO YOU.
MARCH IN PLACE WITH EYES CLOSED.
NOW STOP.
PUT YOUR HANDS ON YOUR SIDE.
KEEP EYES CLOSED.
YOUR PARTNER LOOKS AT THE HEAD FROM THE FRONT
(HIGHER= ↑ EVEN (=) LOWER= ↓)
IS ONE EAR HIGHER? HIGHER(↑) EVEN(=) LOWER(↓)
HOW ABOUT THE SHOULDER? HIGHER(↑) EVEN(=) LOWER(↓)
HIPS? HIGHER(↑) EVEN(=) LOWER(↓)
FEET? HIGHER(↑) EVEN(=) LOWER(↓)

NOW LOOK FROM THE SIDE(F= FRONT E= EVEN WITH B= BACK)
ARE THE EARS IN FRONT, BEHIND OR EVEN WITH SHOULDER? F E B
ARE THE EARS & SHOULDERS IN FRONT, BEHIND OR EVEN WITH THE HIPS? F E B
ARE THE HIPS IN FRONT, BEHIND OR EVEN WITH THE ANKLES? F E B
ARE THE ANKLES SAME DISTANCE OR UNEVEN? F E B



EARS: F E B

SHOULDERS: F E B

HIPS: F E B

ANKLES: F E B

NOW SWITCH…

1ST KEY WORD:_____

2ND KEY WORD:_____

POSTURAL IMBALANCES ARE ONE OF MANY SIGNS OFSUBLUXATIONS
WHY WAIT UNTIL YOU OR YOUR FAMILY HAVE SYMPTOMS???