



CMB Health Specialties

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Overall Well Being

Please check (✓) any of the following which have been a concern of yours during the past six (6) months. Your honest answers will help provide appropriate care for you.

General

- Marriage
- Divorce
- Children
- Alcohol
- Sexual Problems
- Stress
- Chronic Illness

Physical

- Hypertension
- Too Much Pain
- Headaches
- Upset Stomach/Ulcers
- Premenstrual Pain
- Menopause
- Bowel Problems
- Hyperventilation
- Lightheaded/Dizziness
- Pounding Heart
- Choking Sensations
- Nausea
- Numbing/Tingling
- Chest Pain
- Hot/Cold Spells

Sleep

- Insomnia
- Sleep too much
- Nightmares
- Not Enough Sleep
- Wake Up Early

Appetite

- Gaining Weight
- Losing Weight
- Binge Eating
- Loss of Appetite

Energy

- Tire Easily
- Too Much Energy
- Restless/Nervous

Mood

- Quick Mood Changes
- Irritable/Impatient
- Worry too much
- Feel Angry/Frustrated
- Lack of Interest
- Feel on Edge
- Too Many Fears
- Cry Easily
- Feel Lonely
- Feel Sad/Unhappy
- Feel Hopeless

Print Name

Signature

Date

Evaluated By

Date