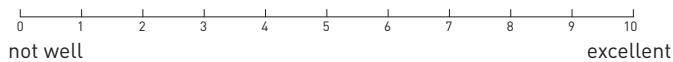
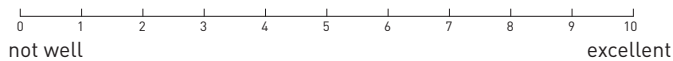


Akiva therapies context of care questionnaire

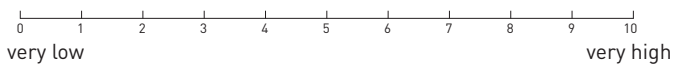
1. How do you rate your present level of health?



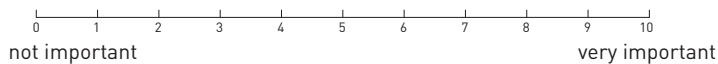
2. How do you rate your present level of fitness?



3. How do you rate your present level of stress?



4. How important is improving your health status?



5. How do you view your responsibility in managing your health status? (Tick your answer)

- It is up to my health practitioner to manage my health. My lifestyle, diet and exercise routine are not factors contributing to my health and therefore do not need altering.
- It is up to my health practitioner to manage my health. My lifestyle, diet and exercise routine are factors in this which may need to be altered.
- I work in conjunction with my health practitioner to understand and manage my health. My lifestyle, diet and exercise routine are factors in this which may need to be altered.
- I manage my own health, my health practitioner supplies me with the medications I require to do this.

6. Are you willing to change your diet if required?

- Yes No Maybe

7. Are you willing to change your lifestyle habits if required?

- Yes No Maybe

8. Are you willing to increase your daily exercise if required?

- Yes No Maybe

9. What level of healthcare do you feel you require?

- Quick symptomatic relief
- Comprehensive treatment addressing the underlying cause
- Maintenance and improvement of my overall level of health

10. How long do you expect it will take to achieve your health requirements?

- Days Weeks Months Years

11. What do you see as being a hindrance to achieving your health goals?

- Time Commitment Money Interest/Motivation