***Pre-Scan Checklist***

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*Your nervous system controls and regulates every cell of your body. We use an instrument that reveals how well your nervous system is working.*

**\*Please let us know if we need to be mindful of the following:**

1. Drinking coffee or tea can excite the nervous system. Have you had any of these caffeinated beverages today? No\_\_\_\_ Yes\_\_\_\_

2. Cola drinks contain caffeine and chemicals that can affect the nervous system. How many sodas have you had today? \_\_\_\_

3. Nicotine is a nervous system stimulant. Have you used any tobacco today? No\_\_\_\_ Yes\_\_\_\_ If *yes*, How much? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Common, over the counter drugs can impact the nervous system. Have you taken any of these types of drugs today? No\_\_\_\_ Yes\_\_\_\_ If *yes*, which ones? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Many prescription drugs and muscle relaxers affect that nervous system. Have you taken any of these types of drugs today? No\_\_\_\_ Yes\_\_\_\_ If *yes*, which ones? \_\_\_\_\_\_\_\_\_\_\_\_\_

6. Excessive exposure to the sun affects the accuracy of your scan. Have you had sunburn in the last five days? No\_\_\_\_ Yes\_\_\_\_

7. Bath salts, oils or sunscreen on your sensitive skin can influence instrument accuracy. Have you used any of these products today? No\_\_\_\_ Yes\_\_\_\_

8. Vigorous physical activity can exaggerate your results. Have you had a workout today? No\_\_\_\_ Yes\_\_\_\_

9. Stress, depression, anxiety or emotional upsets can affect the nervous system tension. Compared to a typical day, are you currently experiencing any type of emotional turmoil? No\_\_\_\_ Yes\_\_\_\_