



WELLPATH'S HEALTHY BACK CHALLENGE

HEALTHY BACK EVALUATION RESULTS

OVER THE 8-WEEKS OF THE HEALTHY BACK CHALLENGE YOU WILL COMPLETE ASSESSMENTS AND USE THE RESULTS TO BUILD A PLAN TO KEEP YOUR BACK HEALTHY. THE CORNERSTONE OF THE PLAN WILL BE AN INDIVIDUALIZED EXERCISE PROGRAM. THE EXERCISE PROGRAM WILL BE A SHORT ROUTINE THAT YOU WILL DO DAILY OR AT LEAST 3 TIMES/WEEK.

QUESTIONNAIRE RESULTS:

TOTAL SCORE: _____ RATING: _____

HEALTHY BACK TESTS RESULTS:

TOTAL SCORE: _____ RATING: _____

POSTURE TESTS RESULTS:

TOTAL SCORE: _____ RATING: _____

BODY COMPOSITION RESULTS:

TOTAL SCORE: _____ RATING: _____

JOINTSTRONG™ ASSESSMENT RESULTS:

RATING: TREATMENT VS. PREVENTION

TOTAL SCORE: _____ RATING: _____