Mary Ellen O'Brien, NMD, FNP 2127 East Baseline Road, Suite 103 Tempe, Arizona 85283 (480) 491-1716

N	ame Date	
1.	What are your expectations in your visit with Dr. O'Brien?	
2.	Stress is often a factor in a person's health problems. What stressors or major life issues do you have in your life now or have you had in the past?	
3.	In this office your improvements in health will depend upon your participation. You may be asked to make changes in your living habits (i.e., diet, exercise, relaxation time, taking nutritional supplements, taking responsibility for your health). On a scale of 1-5 (1 is low, 5 is high), how ready are you to make changes in your lifestyle to improve your health?	l
4.	What are you willing to do to improve your health?	