

# NeuroFiT Connections

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## NEUROFIT ADULT INTAKE FORM

### PERSONAL INFORMATION

**Full Name**

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**Address**

test Consectetur nostrud , Karachi , Ad fugiat magna in , In maxime veniam fu , Pakistan

**Submitted**

November 26, 2025 7:08 PM

**Date of Birth**

1983-03-10

**Phone**

3333333

### HISTORY

Please answer the following history questions as accurately as possible.

#### MEDICAL HISTORY & COMPLAINTS

**1. Formal diagnosis?**

Consequuntur ut ut d

**2. Chief complaints in order of importance (1–5)**

### IMMUNE ISSUES

**3. Any immune issues?**

- None
- Eczema
- Asthma
- Infections
- Allergies
- Other

**If allergies, please specify**

Ratione aute ea omni

## **Other immune issue**

Ut error necessitati

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## **SLEEP, SENSORY & FOOD BEHAVIOR**

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### **4. Any sleeping issues?**

Libero suscipit exer

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### **5. Any major sensory issues, hyper or hyposensitivities?**

Dolores ut ducimus

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### **6. Do you feel pain?**

Tempore hic delectu

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### **7. Are you a picky eater?**

Sunt pariatur Corr

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### **8. Any food preferences?**

- Gluten free
- Dairy free
- Soy free
- Other

#### **Other preference**

Ut in modi commodo a

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### **9. What do you drink?**

- Dairy milk
- Rice milk
- Goat milk
- Almond milk
- Oat milk
- Water
- Other

#### **Other drink**

Ut labore vero quia

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## SENSORY & MOTOR SKILLS

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**17. Do you have a sense of smell or taste?**

Omnis amet velit qu

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**18. Any muscle tone or motor activity issues?**

Lorem quis harum vol

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**19. What is your hand/foot dominance?**

Assumenda ea id occ

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**20. Any obvious balance issues or motion sickness?**

Nesciunt enim et ex

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**21. Are you afraid of high places?**

Aliquip sunt ex ipsu

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**22. Do you spin or get yourself dizzy?**

Nostrud commodi dolo

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**23. Do you have any stims, tics, or OCD behaviors?**

Amet est aspernatur

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## UNUSUALLY STRONG SKILLS

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**24. Any unusually strong skills?**

- Reading
- Memorizing songs
- Memory for details
- Memory for locations
- Other

**Other strong skill**

Error tenetur occaec

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## ADDITIONAL NOTES

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**44. What has been most effective in helping you?**

Vitae deserunt et re

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**45. Is there anything else we should know?**

Enim eu nostrum qui

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## NUTRITION & VESTIBULAR FUNCTION

Please answer the nutrition questions and complete the vestibular function checklist.

### NUTRITION

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#### Before Breakfast

Impedit qui nisi si

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#### Breakfast

Corporis ullamco vol

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#### Midmorning Snack

Consequuntur cupidat

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#### Lunch

Possimus error inve

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#### Midafternoon Snack

Doloremque ut tempor

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#### Dinner

Perspiciatis aliqui

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#### Dessert

Qui ut occaecat tota

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#### Before Bedtime

Iure aliquam aliquid

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#### Your favorite foods

In Nam eius molestia

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### VESTIBULAR FUNCTION CHECKLIST

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Item	Doesn't Apply	Mild	Mild to Moderate	Moderate	Moderate to Severe	Severe
1. Exhibit poor balance	•					
2. Had delayed crawling, standing, or walking					•	
3. Poor muscle tone (extremely flexible)				•		
4. Experience motion sickness				•		
5. Dislike heights, swings, carousels, escalators, elevators	•					
6. Easily disoriented / poor sense of direction			•			
7. Am clumsy					•	
8. Difficulty remaining still; seek movement (spinning, rocking)						•
9. Difficulty with space perception (sea/car-sickness)						•
10. Walk or walked on toes						•

## AUDITORY & VISUAL FUNCTION

Read each item and select the option that best describes you.

### AUDITORY FUNCTION CHECKLIST

Item	Doesn't Apply	Mild	Mild to Moderate	Moderate	Moderate to Severe	Severe
1. Was concerned about hearing as an infant			•			
2. Am unable to sing in tune	•					
3. Am hypersensitive to sounds						•
4. Misinterpret questions				•		
5. Confuse similar sounding words; frequently need words repeated				•		
6. Am unable to follow sequential instructions	•					
7. Have a flat and monotonous voice	•					
8. Have hesitant speech			•			
9. Have a small vocabulary					•	
10. Often confuse or reverse letters when listening					•	

### VISUAL & READING FUNCTION CHECKLIST

Item	Doesn't Apply	Mild	Mild to Moderate	Moderate	Moderate to Severe	Severe
1. Misread words	•					
2. Miss or repeat words or lines						•
3. Read slowly					•	
4. Need to use a finger or marker as a pointer				•		
5. Inability to remember what was read			•			
6. Poor concentration while reading		•				
7. Poor focus (letters move or jump on page)	•					
8. Crooked or sloped handwriting						•
9. Letters appear unbalanced with one eye covered or when reading sideways	•					

Item	Doesn't Apply	Mild	Mild to Moderate	Moderate	Moderate to Severe	Severe
10. Am sensitive to light					•	

## PROPRIOCEPTIVE & TACTILE FUNCTION

Read each item and select the option that best describes you.

### PROPRIOCEPTIVE FUNCTION CHECKLIST

Item	Doesn't Apply	Mild	Mild to Moderate	Moderate	Moderate to Severe	Severe
1. Have poor posture	•					
2. Constantly fidget or move				•		
3. Have an excessive desire to be held					•	
4. Provoke fights			•			
5. Hook feet around legs of desk or chair					•	
6. Have a problem identifying body parts in space				•		
7. Bump into things often				•		
8. Have poor balance						•
9. Rock my body or bang my head					•	
10. Do not like heights	•					

### TACTILE FUNCTION - HYPOTACTILE (OVERSENSITIVITY) SYMPTOMS

Item	Doesn't Apply	Mild	Mild to Moderate	Moderate	Moderate to Severe	Severe
1. Am oversensitive to most things						•
2. Don't notice or respond when cut					•	
3. Have a high threshold for pain					•	
4. Don't sense the feeling of cold or hot		•				
5. Crave contact sports	•					
6. Don't notice when I sit down on an object	•					
7. Provoke roughhousing or fighting		•				
8. Am not ticklish					•	

Item	Doesn't Apply	Mild	Mild to Moderate	Moderate	Moderate to Severe	Severe
9. Compulsively touch things	•					
10. Act like a bull in a China shop		•				

#### TACTILE FUNCTION - HYPERTACTILE (UNDERSENSITIVE) SYMPTOMS

Item	Doesn't Apply	Mild	Mild to Moderate	Moderate	Moderate to Severe	Severe
1. Am bothered by clothing textures (tags, seams, fabrics)		•				
2. Hate being touched unexpectedly					•	
3. Avoid crowds or close contact		•				
4. Am irritated by grooming (haircuts, nails, brushing)			•			
5. Dislike certain food textures			•			
6. Dislike walking barefoot (grass, carpet, sand)	•					
7. Am startled easily when touched		•				
8. Prefer loose or very tight clothing only		•				
9. Avoid hugs or physical contact				•		
10. Am sensitive to vibration or light touch					•	

## OLFACtORY FUNCTION CHECKLIST

Read each item and select the option that best describes you.

### OLFACtORY FUNCTION — HYPERSENSITIVE SMELL AND TASTE CHECKLIST

Item	Doesn't Apply	Mild	Mild to Moderate	Moderate	Moderate to Severe	Severe
1. Exhibit an increased sensitivity to taste and smell				•		
2. Gag at the smell of certain foods			•			
3. Avoid going to bathroom because the smell is repugnant				•		
4. Prefer bland foods			•			
5. Avoid people with dirty or smelly clothes	•					
6. Complain about others' bad breath						•
7. Misbehave or complain after house is cleaned with solvents	•					
8. Am sensitive to smoke					•	
9. Avoid foods and places with strong cooking smells				•		
10. Sniff everything		•				

### HYPOSENSITIVE SMELL CHECKLIST

Item	Doesn't Apply	Mild	Mild to Moderate	Moderate	Moderate to Severe	Severe
1. Never comment on strong smells	•					
2. Never notice baking smells, such as cookies						•
3. Overfill mouth						•
4. Avoid food because of the way it looks			•			
5. Never sniff	•					
6. Hate to eat, even sweets					•	
7. Chew on objects like pens					•	
8. Do not notice strong smells, like something burning					•	

Item	Doesn't Apply	Mild	Mild to Moderate	Moderate	Moderate to Severe	Severe
9. Eat indiscriminately; will reach for anything				•		
10. Am an extremely picky eater				•		

## MOTOR RIGHT AND LEFT-BRAIN CHARACTERISTICS & SENSORY RIGHT AND LEFT-BRAIN CHARACTERISTICS & EMOTIONAL RIGHT AND LEFT-BRAIN CHARACTERISTICS

The following checklists help pinpoint the right and left-brain characteristics. Place a checkmark next to each of the characteristics that apply.

### MOTOR CHARACTERISTICS OF A RIGHT-BRAIN DELAY

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#### Select all that apply

- Am clumsy and have an odd posture
- Have poor coordination
- Am not athletically inclined and have no interest in popular participation sports
- Have low muscle tone – muscles seem kind of floppy
- Have poor gross motor skills, such as riding a bike and/or running and/or walking oddly
- Have poor repetitive/stereotyped motor mannerisms (spin in circles, flaps)
- Fidget excessively
- Have poor eye contact
- Walk or walked on toes

### MOTOR CHARACTERISTICS OF A LEFT-BRAIN DELAY

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#### Select all that apply

- Have fine motor problems (poor or slow handwriting)
- Have difficulty with fine motor skills (dyspraxia), such as buttoning a shirt
- Have poor or immature hand grip when writing
- Tend to write very large
- Stumble over words when fatigued
- Exhibited delay in crawling, standing, and/or walking
- Love sports and am good at them
- Have good muscle tone
- Have poor drawing skills
- Have difficulty learning to play music
- Likes to fix things with my hands and am interested in anything mechanical
- Have difficulty planning and coordinating body movements

### SENSORY CHARACTERISTICS OF A RIGHT-BRAIN DELAY

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**Select all that apply**

- Have poor spatial orientation – bump into things often
- Am sensitive to sound
- Have confusion pointing to different body parts when asked
- Have a poor sense of balance
- Have a high threshold for pain
- Like to spin, go on rides, swing, etc. – anything with motion
- Touch things compulsively
- I am uninterested in makeup or jewelry
- Do not like the feel of clothing on arms or legs
- Don't like being touched and don't like to touch things
- Incessantly smell everything
- Prefer bland food
- Do not notice strong smells, such as burning wood, popcorn, cookies
- Avoid food because of the way it looks
- Hate having to eat and am not even interested in sweets
- Am an extremely picky eater

**SENSORY CHARACTERISTICS OF A LEFT-BRAIN DELAY**

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**Select all that apply**

- Don't seem to have many sensory "issues" or problems
- Have good spatial awareness
- Have a good sense of balance
- Eat just about anything
- Have a normal to above average sense of taste and smell
- Like to be touched
- Am not sensitive to clothing
- Have poor auditory or central processing
- Had a delay in speaking that was attributed to ear infections
- Get motion sick and have other motion sickness issues
- Am not under-sensitive or oversensitive

**EMOTIONAL SYMPTOMS OF A RIGHT-BRAIN DEFICIENCY**

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**Select all that apply**

- Spontaneously cry and/or laugh and have sudden outbursts of anger or fear.
- Worry a lot and tend to have phobias of many things
- Hold onto past "hurts"
- May have sudden emotional outbursts that appear over-reactive, and inappropriate
- Experience panic and/or anxiety attacks
- Sometime display dark or violent thoughts
- Have a face that lacks expression; don't exhibit much body language
- Lack empathy
- Lack emotional reciprocity
- Am fearless, a dangerous risk taker

**EMOTIONAL SYMPTOMS OF A LEFT-BRAIN DEFICIENCY**

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**Select all that apply**

- Am overly happy and affectionate; love to hug and kiss
- Am frequently moody and irritable, depressed
- Love doing new or different things but get bored easily
- Lack motivation
- Am withdrawn and shy
- Am excessively cautious or pessimistic and am extremely negative
- Don't seem to get any pleasure out of life
- Am socially withdrawn
- Get motion sick and have other motion sickness issues
- Cry easily; feelings get hurt easily
- Seem to be in touch with own feelings
- Am empathetic to other people's feelings; read people's emotions well
- Get embarrassed easily
- Am very sensitive to what others think about me

**BEHAVIORAL CHARACTERISTICS OF A RIGHT-BRAIN DELAY**

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**Select all that apply**

- Think analytically all the time
- Often miss the gist of the story
- Am always the last to get the joke
- Get stuck in set behavior; can't let it go
- Lack social tact and/or am antisocial and/or socially isolated
- Have poor time management; am always late
- Disorganized
- Have problems paying attention
- Am hyperactive and/or impulsive
- Have obsessive thoughts or behavior
- Argue all the time and am generally uncooperative
- Exhibit signs of an eating disorder
- Failed to thrive as an infant
- Have Echolalia (mimicking of sounds or words repeatedly without really understanding the meaning)
- Appear bored, aloof, and abrupt
- Am considered strange by others
- Have an inability to form friendships
- Have an inability to share enjoyment, interests, or achievements with other people
- Act inappropriately giddy or silly
- Have one-sided social interactions (do not listen or care what another person is saying)
- Talk incessantly and ask repetitive questions
- No or little joint attention (pointing to object to get another's attention)
- Didn't look at myself in the mirror when younger

**BEHAVIORAL CHARACTERISTICS OF A LEFT-BRAIN DELAY**

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**Select all that apply**

- Procrastinate
- Am extremely shy, especially around strangers
- Have a good sense of balance
- Am very good at nonverbal communications
- Am well liked by other people
- Do not have any behavioral problems at school or work
- Understand social rules
- Have poor self-esteem
- Hate doing homework
- Am very good at social interaction
- Make good eye contact
- Like to be around people and enjoy going to parties
- Don't like to go to sleep-overs or campouts with others
- Am not good at following routines
- Can't follow multiple-step directions
- Am very in touch with my own feelings
- Jump to conclusions

**ACADEMIC CHARACTERISTICS OF A RIGHT-BRAIN DEFICIENCY**

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**Select all that apply**

- Have poor math reasoning (word problems)
- Have poor reading comprehension and pragmatic skills
- Have issues with the big picture
- Am very analytical
- Have problems understanding jokes
- Am very good at finding mistakes (spelling)
- Am very literal
- Don't always reach conclusions when speaking
- Had early speech precociousness (talked well early), even if slightly delayed
- Have an IQ that falls in the above-normal range in verbal ability and in the below-average range in performance abilities
- Was an early word reader
- Am interested in unusual topics
- I learn in rote (memorizing) manner
- I learn extraordinary amounts of specific facts about a subject
- Am impatient
- I speak in monotones; little voice inflection
- Am a poor nonverbal communicator
- Don't like loud noises and complains that volume is too low
- Speak out loud regarding what I am thinking
- Talk "in another's face" – am a space invader
- Am a good reader but do not enjoy reading
- Am analytic; lead by logic
- Follow rules without questioning them
- Am good at keeping track of time
- Easily memorize spelling and mathematical formulas
- Enjoy observing rather than participating
- Would rather read an instruction manual before trying something new
- View math as my first problematic academic subject
- IQ falls in the above-normal range in verbal ability and in the below-average range in performance ability
- Was an early word reader

**ACADEMIC CHARACTERISTICS OF A LEFT-BRAIN DEFICIENCY**

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**Select all that apply**

- Am very good at big picture skills
- Am good at abstract "thought free" association
- Have poor analytical skills
- Am very visual; love images and patterns
- Constantly question why someone is doing something or why rules exist
- Have no sense of time
- Enjoy touching and feeling actual objects
- Have trouble prioritizing
- Am unlikely to read instruction manual before trying something new
- Am naturally creative but need to apply myself to develop my potential
- Would rather do things instead of observing
- Use good voice inflection when speaking
- Misread or omit common small words
- Stumble through longer words
- Reading is too slow and laborious
- Have difficulty naming colors, objects, and letters
- Need to hear or see concepts many times in order to learn them
- Have shown a downward trend in achievement test scores or school performance
- Have an inconsistent work product
- Started as a late talker
- Have difficulty pronouncing words (poor with phonics)
- Had difficulty learning the alphabet, nursery rhymes or songs when young
- Have difficulty finishing work or finishing a conversation
- Act before thinking and make careless mistakes
- Tend to misread, omit, or repeat words; read slowly
- Daydream a lot
- Have difficulty sequencing events in the proper order
- Sometimes see letters written backward
- Am poor at basic math operations
- Have poor memorization skills
- Have/had poor academic ability
- Have/had a lower verbal higher nonverbal IQ test result
- Perform poorly on verbal tests
- Need to be told things several times before I understand
- Started to stutter as a child
- Don't read directions well and am a poor test taker (misinterprets questions)

**Select all that apply**

- Have or have had an auto-immune disorder such as asthma, eczema, lupus, psoriasis, or rheumatoid arthritis.
- Have more than one auto-immune disorder
- Rarely get cold and infections
- Skin has little white bumps, especially on the back of the arms
- Tend to have an overactive immune response (has allergies)
- Have erratic behavior – good one day, bad the next
- Crave certain food, especially dairy and wheat products
- Have been diagnosed with a low thyroid function
- Feel a little drunk or off-balance after eating certain foods

**COMMON IMMUNE CHARACTERISTICS OF A LEFT-BRAIN DELAY**

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**Select all that apply**

- Have or have had an irregular heartbeat (arrhythmia or heart murmur)
- Have a problem with chronic ear, throat, or respiratory infections
- Are prone to benign tumors and/or cysts or have had a cancerous tumor
- Have taken or frequently take a lot of antibiotics or anti-viral medicines.
- Catch a lot of colds; more than 2 a year.
- Take a long time to feel 100% after an illness
- Have problem with chronic yeast or fungal infections and/or have been diagnosed with candidiasis or thrush
- Have or have had stomach ulcers
- Have had pneumonia within the past 7 years
- Have recurrent viral outbreaks, such as herpes or shingles
- Have had or still have Lyme disease
- Have had tonsils and adenoids removed because of chronic infections.

**COMMON METABOLIC CHARACTERISTICS OF A RIGHT-BRAIN DELAY**

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**Select all that apply**

- Have problems with bowel function; constipation, diarrhea
- Have a rapid heart rate or a sudden increase in heart rate (Tachycardia, above 90 beats/minute)
- Blood pressure is 10 points or more higher when taken on right arm compared to the left
- Perspire more on the right side of the body than the left

**COMMON METABOLIC CHARACTERISTICS OF A LEFT-BRAIN DELAY**

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**Select all that apply**

- Perspire more on the left side of the body than the right
- Blood pressure is 10 points or more higher when taken on left arm compared to the right
- Have or have had irregular heartbeats, such as arrhythmia or a heart murmur
- Left hand loses circulation and takes longer to warm up when exposed to the cold

### Assessment Scores Summary

Section	Score
page1	5
page2	22
page3	5
page4	3
page5	4
page6	3
page7	213
<b>TOTAL SCORE</b>	<b>255</b>