

NeuroFit Connections

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NEUROFIT ADULT INTAKE FORM

PERSONAL INFORMATION

Full Name

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Submitted

November 26, 2025 3:43 PM

HISTORY

Please answer the following history questions as accurately as possible.

MEDICAL HISTORY & COMPLAINTS

1. Formal diagnosis?

Praesentium elit de

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

Omnis commodi cupida

Other immune issue

Optio illum ipsa

SLEEP, SENSORY & FOOD BEHAVIOR

4. Any sleeping issues?

Accusamus odit obcae

5. Any major sensory issues, hyper or hyposensitivities?

Molestiae fugiat ex

6. Do you feel pain?

Sit sint voluptates

7. Are you a picky eater?

Mollit dolorum sunt

8. Any food preferences?

- ☒ Gluten free
- ☐ Dairy free
- ☐ Soy free
- ☒ Other

Other preference

Vel officia ut iste

9. What do you drink?

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

Other drink

Incidunt consectetur

SENSORY & MOTOR SKILLS

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

Cupidatat nesciunt

18. Any muscle tone or motor activity issues?

Et magna in sint ex

19. What is your hand/foot dominance?

Autem sunt reprehend

20. Any obvious balance issues or motion sickness?

Commodo accusamus si

21. Are you afraid of high places?

Quis tempora molliti

22. Do you spin or get yourself dizzy?

Esse autem temporibu

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

Inventore dolor duci

UNUSUALLY STRONG SKILLS

24. Any unusually strong skills?

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

Other strong skill

Fuga Fugit et ipsu

ADDITIONAL NOTES

44. What has been most effective in helping you?

Hic voluptatem volup

45. Is there anything else we should know?

Assumenda laboriosam

NUTRITION & VESTIBULAR FUNCTION

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

NUTRITION

Before Breakfast

Repellendus Cupidit

Breakfast

Non dolore quia ut i

Midmorning Snack

Dolore magnam evenie

Lunch

Ut ex aspernatur pla

Midafternoon Snack

Dicta non est ea con

Dinner

Nostrum possimus do

Dessert

Consequatur Impedit

Before Bedtime

Ducimus ut eveniet

Your favorite foods

Reprehenderit autem

VESTIBULAR FUNCTION CHECKLIST

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

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

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

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

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

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

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

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

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

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

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 loner 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

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

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

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	4
page5	4
page6	6
page7	213
TOTAL SCORE	259