



Pregnancy Questionnaire

2590 Dundas St. West
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416-766-6572
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www.atlashealth.ca

Today's Date (DD/MM/YY): _____ PATIENT NAME: _____

PREVIOUS BIRTH EXPERIENCE

Is this your first pregnancy? Yes, No

If No, please tell us about your previous pregnancy and/or birth experience(s): _____

Do you plan to follow the same plan as your previous delivery? Yes, No

If no, what would you like to change? _____

CONCEPTION AND EARLY PREGNANCY

When is your expected or calculated due date? _____

Did you have any difficulty conceiving? Yes, No

If yes, please explain: _____

Have you ever used any form of hormonal or oral contraceptives? Yes, No

If yes, which ones, and for how long? _____

When was your last menstrual cycle? _____

What was your pre-pregnancy weight? _____ lbs Current weight? _____ lbs

Have you experienced morning sickness? Yes, No

If yes, please explain: _____

CURRENT HEALTH CONDITIONS

What type of exercise(s) are you currently performing? _____

Please tell us about your current diet, and any dietary restrictions: _____

Have you taken any medications or supplements during your pregnancy? Yes, No

If yes, please explain: _____

Have you had any slips, falls, or other physical traumas during the pregnancy? Yes, No

If yes, please explain: _____

Have you had any major emotional stressors during your pregnancy? Yes, No

If yes, please explain: _____



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YOUR BIRTH PLAN

Your top three goals for this pregnancy:

1. _____
2. _____
3. _____

Do you currently have a birth plan? Yes, No

If yes, please explain: _____

Are you taking any pre-natal or birthing classes? Yes, No

If yes, please explain: _____

Who is your OB/GYN/midwife? _____ Will they be present for delivery? Yes, No

Do you wish to have a natural vaginal labour and delivery? Yes, No

If no, what concerns do you have? _____

YOUR POST-BIRTH PLAN

Do you plan on breastfeeding your child? Yes, No

Is there anything else you'd like to tell us about your pregnancy or birth plan?

What would you like to gain from chiropractic care during your pregnancy?

Are there any burning questions you want to be sure to ask today?
