WELCOME

We are pleased to welcome you to our practice. Please take your time in filling out the forms as completely as you can.

Name: ____ Age _______ Gender: M F Date: ______________

Home Address: ____ Home Phone: ( ) _________________________

City, State, Zip: ____ Work Phone: ( ) _________________________

Email Address: ____ Cell Phone: ( ) _________________________

Birth Date: ______ / ______ / _______ Marital Status: *S M D W*

Names of Children: ____ Ages: ____________________

Occupation: ____ Employer Name: _______________________________

Spouse's Name: ____________________ Work Phone: ( ) __________________ Cell Phone: ( ) _____________________

Spouse's Employer: _______________________________________ Occupation: _______________________________________

How were you referred to this office? ____

PURPOSE OF THIS VISIT

Reason for this visit – Main Complaint: ____

When did this condition begin? _____/_____/________ Did it begin: ***Gradually Suddenly Progressively over time***

What activities aggravate your symptoms? Circle all that apply: ***Bending neck forward / backward, tilting head to the right / left, turning head to the right / left, bending forward at the waist, bending backward at the waist, sitting, standing, getting up from seated position, lifting, changing positions, laying down, laying on side in bed, reading, driving, working at computer, walking, running, exercising, chewing, nothing, other*** *(please describe)*____

Is there anything which makes your symptoms better? **Yes No** Circle all that apply: ***Rest, ice, heat, stretching, exercise, walking, Chiropractic Adjustments, massage, pain medication, muscle relaxants, nothing, other (please describe)*** ______________________

Type of Pain: Aching Burning Dull Pulling Sharp Shooting Stabbing Stinging Throbbing Numb/Tingling None

Does the Pain Radiate into your: ___Arm ___Leg ___Does not radiate Is this condition getting worse? **Yes No**

How often do you experience these symptoms throughout the day? ***100% 75% 50% 25% 10% Only with Activity***

Does complaint(s) interfere with: __Work __Sleep __Hobbies __Daily Routine Explain: _________________________________

Have you experienced this condition before? **Yes No** If so, please explain: ____

Did you see someone for this before? **Yes No** If so, who? ________________________ What did they do? ________________

_______________________________________How did you respond? ____

List any symptoms you are experiencing **TODAY:**

1. _________________________ (Please circle) ***(1) Very Mild (2) (3) (4) (5) (6) (7) (8) (9) (10) Remarkably Severe***

   Frequency of Pain: (Please circle) ***Occasional Intermittent Frequent Constant None***

2. _________________________ (Please circle) ***(1) Very Mild (2) (3) (4) (5) (6) (7) (8) (9) (10) Remarkably Severe***

   Frequency of Pain: (Please circle) ***Occasional Intermittent Frequent Constant None***

3. _________________________ (Please circle) ***(1) Very Mild (2) (3) (4) (5) (6) (7) (8) (9) (10) Remarkably Severe***

   Frequency of Pain: (Please circle) ***Occasional Intermittent Frequent Constant None***

Name: ___________________________________ Acct #: _______________

List any tests, studies or medications received for **THIS** issue:

Tests/Studies: ____

Medications: ____

Were you admitted to the hospital due to this issue? Yes No
Date Admitted: _____/_____/_____ Date Released: _____/_____/_____ Length of Stay: _____hrs. _____days

Do you suffer from any condition other than that for which you are consulting us? **Yes No**
If yes, what condition(s)? ____

Are your present issues due to one of the following? (Please circle)
Illness Motor Vehicle Accident Personal Injury Work Related Motor Vehicle Collision Work Related Injury
No Obvious Reason Other (explain) ____

Enter the date of the injury or accident, **if applicable**: _____/____/ _____

Briefly describe the injury or accident, **if applicable**: ____

____

IF there was an Accident/Injury, list any symptoms you experienced **IMMEDIATELY** after the injury/accident:

1. _________________________ (Please circle) ***(1) Very Mild (2) (3) (4) (5) (6) (7) (8) (9) (10) Remarkably Severe***

Frequency of Pain: (Please circle) ***Occasional Intermittent Frequent Constant None***

2. _________________________ (Please circle) ***(1) Very Mild (2) (3) (4) (5) (6) (7) (8) (9) (10) Remarkably Severe***

Frequency of Pain: (Please circle) ***Occasional Intermittent Frequent Constant None***

3. _________________________ (Please circle) ***(1) Very Mild (2) (3) (4) (5) (6) (7) (8) (9) (10) Remarkably Severe***

Frequency of Pain: (Please circle) ***Occasional Intermittent Frequent Constant None***

EXPERIENCE WITH CHIROPRACTIC

Have you seen a Chiropractor before? **Yes No** Who? _____________________________ When? _________________

Reason for visits: ____

How did you respond? ____

Did your previous chiropractor take before and after x-rays? **Yes No**

Did you know posture determines your health? **Yes No**

Are you aware of any of your poor posture habits? **Yes No**

Explain: ____

Are you aware of any poor posture habits in your spouse or children? **Yes No**

Explain: The most common postural weakness is Forward Head Syndrome (head and neck starting to bend forward and progressively moving downward weakening your whole body). Even less severe forms of this posture can cause many adverse effects on your overall health. Have you ever been told or felt like you carry your head forward, noticed a rounding of your shoulders or a developing "hump" at the base of your neck? **Yes No**

Name: ___________________________________ Acct #: _______________

HISTORY

Past Treatments - List any past treatments you have had:

___

Past Conditions - List any past conditions, not already indicated, you have had:

___

Family History - List any family health issues:

___

Social History –

Do you exercise? **Yes** **No**

How often? 1X 2X 3X 4X 5X per week other: ____

What activities? ***Running Jogging Weight Training Cycling Yoga Pilates Swimming*** _______________________

Do you smoke? **Yes** **No** How much? ____

Do you drink alcohol? **Yes** **No** How much / week? __________________________________

Do you drink coffee? **Yes** **No** How many cups / day? ______________________________

Do you take any supplements (i.e. vitamins, minerals, herbs)? ____

Past Medications - List any past medications you have taken:

___

Are you currently taking vitamins? **Yes** **No** If yes, which ones? ____

Do you have any allergies? **Yes** **No** If yes, which ones? ____

Have you ever had any surgeries? **Yes** **No** If yes, enter the type and approximate date: ______________________________

___

HEALTH CONDITIONS

Please list any health conditions not mentioned: ____

___

Please list any medications currently taking and their purpose: ____

___

Please list all previous accidents and falls: ____

___

Abnormal postural habits or distortions are the result of trauma or stress to the body that have misaligned the vertebrae in your spine. When these vertebrae are twisted from their normal position, they will cause stress to the spinal cord and the delicate nerves that pass between the vertebrae. These misalignments are called Subluxations (sub-lux-a-shuns). It has been extensively documented that subluxations, causing stress to your nerves, will weaken and distort the overall structure of your spine. This results in a weakened and distorted POSTURE. Postural distortions have many serious and adverse effects on your overall health. The most common and detrimental postural distortion is called Forward Head Syndrome (a "hunched forward" posture starting in the neck and progressively moving down your spine weakening the entire body).

Champions Chiropractic Center
Review of Systems

Patient Name: ______________________________ Today's Date: ____________________

Please check the signs and/or symptoms related to the following body systems you now have or have experienced in the past.

CONSTITUTIONAL
- ☐ Deny All
- ☐ Chills
- ☐ Drowsiness
- ☐ Fainting
- ☐ Fatigue
- ☐ Fever
- ☐ Night Sweats
- ☐ Weakness
- ☐ Weight Gain
- ☐ Weight Loss

EYES
- ☐ Deny All
- ☐ Blindness
- ☐ Blurred Vision
- ☐ Cataracts
- ☐ Change in Vision
- ☐ Double Vision
- ☐ Dry Eyes
- ☐ Eye Pain
- ☐ Field Cuts
- ☐ Glaucoma
- ☐ Sensitivity to Light
- ☐ Tearing
- ☐ Wears Glasses

CARDIOVASCULAR
- ☐ Deny All
- ☐ Angina
- ☐ Chest Pain
- ☐ Claudication
- ☐ Heart Murmur
- ☐ Heart Problems
- ☐ High Blood Pressure
- ☐ Low Blood Pressure
- ☐ Orthopnea
- ☐ Palpitations
- ☐ Shortness of Breath
- ☐ Swelling of Legs
- ☐ Varicose Veins

RESPIRATORY
- ☐ Deny All
- ☐ Asthma
- ☐ Bronchitis
- ☐ Dry Cough
- ☐ Productive Cough
- ☐ Coughing up Blood
- ☐ Difficulty Breathing
- ☐ Difficulty Sleeping
- ☐ Hemoptysis
- ☐ Pneumonia
- ☐ Sputum Production
- ☐ Wheezing

MUSCULOSKELETAL
- ☐ Deny All
- ☐ Arthritis
- ☐ Neck Pain
- ☐ Decreased Motion
- ☐ Gout
- ☐ Injuries
- ☐ Joint Pain
- ☐ Joint Stiffness
- ☐ Locking Joints
- ☐ Back Pain
- ☐ Muscle Cramps
- ☐ Muscle Pain
- ☐ Muscle Twitching
- ☐ Muscle Weakness
- ☐ Swelling

INTEGUMENTARY
- ☐ Deny All
- ☐ Breast Lumps / Pain
- ☐ Change in Nail Texture
- ☐ Change in Skin Color
- ☐ Eczema
- ☐ Hair Growth
- ☐ Hair Loss
- ☐ History of Skin Disorders
- ☐ Hives
- ☐ Itching
- ☐ Paresthesia
- ☐ Rash
- ☐ Skin Lesions

GASTROINTESTINAL
- ☐ Deny All
- ☐ Abdominal Pain
- ☐ Belching
- ☐ Black, Tarry Stools
- ☐ Constipation
- ☐ Diarrhea
- ☐ Heartburn
- ☐ Hemorrhoids
- ☐ Indigestion
- ☐ Jaundice
- ☐ Nausea
- ☐ Rectal Bleeding
- ☐ Abnormal Stool Caliber
- ☐ Abnormal Stool Color
- ☐ Abnormal Stool Consistency
- ☐ Vomiting
- ☐ Vomiting Blood

GENITOURINARY
- ☐ Deny All
- ☐ Birth Control Therapy
- ☐ Burning Urination
- ☐ Cramps
- ☐ Erectile Dysfunction
- ☐ Frequent Urination
- ☐ Hesitancy / Dribbling
- ☐ Hormone Therapy
- ☐ Irregular Menstruation
- ☐ Lack of Bladder Control
- ☐ Prostate Problems
- ☐ Urine Retention
- ☐ Vaginal Bleeding
- ☐ Vaginal Discharge

ENMT
- ☐ Deny All
- ☐ Bad Breath
- ☐ Dentures
- ☐ Deviated Septum
- ☐ Difficulty Swallowing
- ☐ Discharge
- ☐ Dry Mouth
- ☐ Ear Drainage
- ☐ Ear Pain
- ☐ Frequent Sore Throats
- ☐ Head Injury
- ☐ Hearing Loss
- ☐ Hoarseness
- ☐ Loss of Smell
- ☐ Loss of Taste
- ☐ Nasal Congestion
- ☐ Nose Bleeds
- ☐ Post Nasal Drip
- ☐ Sinus Infections
- ☐ Runny Nose
- ☐ Snoring
- ☐ Sore Throat
- ☐ Ringing in Ears
- ☐ TMJ Problems
- ☐ Ulcers

NEUROLOGICAL
- ☐ Deny All
- ☐ Change in Concentration
- ☐ Change in Memory
- ☐ Dizziness
- ☐ Headache
- ☐ Imbalance
- ☐ Loss of Consciousness
- ☐ Loss of Memory
- ☐ Numbness
- ☐ Seizures
- ☐ Sleep Disturbance
- ☐ Slurred Speech
- ☐ Stress
- ☐ Strokes
- ☐ Tremors

PSYCHIATRIC
- ☐ Deny All
- ☐ Agitation
- ☐ Anxiety
- ☐ Appetite Changes
- ☐ Behavioral Changes
- ☐ Bipolar Disorder
- ☐ Confusion
- ☐ Convulsions
- ☐ Depression
- ☐ Homicidal Indication
- ☐ Insomnia
- ☐ Location Disorientation
- ☐ Memory Loss
- ☐ Substance Abuse
- ☐ Suicidal Indication
- ☐ Time Disorientation

ENDOCRINE
- ☐ Deny All
- ☐ Cold Intolerance
- ☐ Diabetes
- ☐ Excessive Appetite
- ☐ Excessive Hunger
- ☐ Excessive Thirst
- ☐ Goiter
- ☐ Hair Loss
- ☐ Heat Intolerance
- ☐ Unusual Hair Growth
- ☐ Voice Changes

HEMATOLOGIC / LYMPHATIC
- ☐ Deny All
- ☐ Anemia
- ☐ Bleeding
- ☐ Blood Clotting
- ☐ Blood Transfusions
- ☐ Bruise Easily
- ☐ Lymph Node Swelling

ALLERGIC / IMMUNOLOGIC
- ☐ Deny All
- ☐ History of Anaphylaxis
- ☐ Itchy Eyes
- ☐ Sneezing
- ☐ Specific Food Intolerance

TERMS OF ACCEPTANCE

When a person seeks chiropractic and rehabilitation health care and is accepted for such care, it is essential for both parties to be working towards the same objective. As a Chiropractic & Rehab facility we have one main goal, to detect and correct/reduce the vertebral subluxation complex. It is important that each person understand both the objective and the method that will be used to attain this goal. This will prevent any confusion or disappointment.

Adjustment: An adjustment is the specific application of forces to facilitate the body's correction of vertebral subluxation. Our chiropractic method is by specific adjustments of the spine.

Health: A state of optimal physical, mental and social well-being, not merely the absence of disease or infirmity.

Vertebral Subluxation: A misalignment of one or more of the 24 vertebra in the spinal column which causes alteration of nerve function and interference to the transmission of mental impulses, resulting in a lessening of the body's innate ability to express it's maximum health potential.

We do not offer to diagnose or treat a disease or condition other than vertebral subluxation. Regardless of what a disease is called, we do not offer to treat it. Nor do we offer advice regarding treatment prescribed by others. **Our Only Practice Objective** is to eliminate a major interference to the expression of the body's innate wisdom and ability to heal. Our only method is specific adjusting to correct vertebral subluxations combined with rehabilitation procedures. NOTE: It is understood and agreed the amount paid to Champions Chiropractic Center, LLC for x-ray, is for examination only and the x-rays will remain the property of this office, being on file where they may be seen at any time while a patient of this office.

CONSENT TO CARE

I do hereby authorize the doctors of Champions Chiropractic Center, LLC to administer such care that is necessary for my particular case. This care may include consultation, examination, spinal adjustments and other chiropractic procedures, including various modes of physical therapy and diagnostic x-rays or any other procedure that is advisable, and necessary for my health care.

Furthermore, I authorize and agree to allow the doctor of chiropractic named below and/or other licensed doctors of chiropractic who now or in the future treat me while employed by, working or associated with or serving as back-up for the doctor of chiropractic named below, including those working at the clinic or office listed below or any other office or clinic, to work with my spine through the use of spinal adjustments and rehabilitative exercises for the sole purpose of postural and structural restoration to allow for normal biomechanical motion and neurological function.

I have had an opportunity to discuss with the doctor of chiropractic named below and/or with other office or clinic personnel the nature and purpose of chiropractic adjustments and other procedures related to my health care. I understand that I am responsible for all fees incurred for the services provided, and agree to ensure full payment of all charges. I further understand that a fee for services rendered will be charged and that I am responsible for this fee whether results are obtained or not.

I understand and informed that, as in the practice of medicine, in the practice of chiropractic there are some risks to treatment including, but not limited to fractures, disk injuries, strokes, dislocations and sprains. I do not expect the doctor to be able to anticipate and explain all risks and complications, and I wish to rely on the doctor to exercise judgment during the course of the procedure which the doctor feels at the time, based upon the facts then known, is in my best interests. The doctor will not be held responsible for any health conditions or diagnoses which are preexisting, given by another health care practitioner, or are not related to the spinal structural conditions treated at this clinic.

I also clearly understand that if I do not follow the Doctor's specific recommendations at this clinic that I will not receive the full benefit from the programs offered, and that if I terminate my care prematurely that all fees incurred will be due and payable at that time. I authorize the assignment of all insurance benefits be directed to the Doctor for all services rendered. I also understand any sum of money paid under assignment by any insurance company shall be credited to my account, and I shall be personally liable for any and all of the unpaid balance to the doctor.

I, __________________________ have read or have had read to me, the above consent. I have also had the opportunity to ask questions about this consent, and by signing below I agree to the above-above named procedures. I intend this consent form to cover the entire course of treatment for my present condition and for any future conditions(s) for which I seek treatment.

Signature____ Date ________________

(If under age 18) Parent's signature ____

Name: ___________________________________ Acct #: _______________

Pregnancy Release

This is to certify that to the best of my knowledge I am not pregnant and the above doctor and his associates have my permission to perform an x-ray evaluation. I have been advised that x-ray can be hazardous to an unborn child.

Date of last menstrual cycle: ____/____/ ______

Signature ____ Date __________

Consent to x-ray:
I hereby grant Champions Chiropractic Center LLC permission to perform an x-ray evaluation considered necessary or advisable in the course of examination and/or treatment. I understand that x-rays are being performed to locate vertebral subluxation, and not to diagnose or treat any other disease or condition.

Signature (parent if minor) ____ Date ___________

Consent to evaluate and adjust a minor child
I, ______________________ being the parent of legal guardian of _________________________ have read and fully understand the above terms of acceptance and hereby grant permission for my child to receive chiropractic care.

Signature (parent if minor) ____ Date ___________

INSURANCE INFORMATION

I clearly understand that all insurance coverage is an arrangement between my insurance carrier and me. If this office chooses to bill any services to my insurance carrier that they are performing these services strictly as a convenience for me. The Doctors office will provide any necessary report or required information to aid in insurance reimbursement of services, but I understand that insurance carriers may deny any claim and that ***I am ultimately held responsible for any unpaid balances***. Any monies received will be credited to my account. I certify that this office visit is not related to any personal injury or worker's compensation case that is active or that has not been closed and finalized.

Signature____ Date _____________________

(If under age 18) Parent's signature

NO SHOW POLICY

Initial _________ I understand this office has a no – show / missed appointment policy fee of $50 unless a 2 hour advanced notice is rendered.

Acknowledgement of Receipt of Notice of Privacy Practices

Champions Chiropractic Center, LLC
3960 Cypress Creek Pkwy
Houston, TX 77068

I understand and have been provided with the opportunity to review a Notice of Privacy Practices that provides a more complete description of information uses and disclosures. I understand that I have the following rights and privileges:

- ❑ The right to review the notice prior to signing this consent,
- ❑ The right to object to the use of my health information for directory purposes, and
- ❑ The right to request restrictions as to how my health information may be used or disclosed to carry out treatment, payment or health care operations.

Texas Chiropractic Association Authorization

Your chiropractor and members of the practice staff may need to disclose your name, address, phone number, billing information and your clinical records to the Texas Chiropractic Association (TCA). This disclosure will be made if we need the TCA's assistance to receive reimbursement for your services or, we need the TCA's assistance because the party responsible for reimbursing your services has improperly processed your claim.

By signing this form you are giving us authorization to send the TCA this information. You are also giving the TCA authorization to re-disclose your information to the party responsible for the payment of your services, the TCA's legal counsel, and state or federal agencies that may be asked to intercede on your behalf.

Appointment Reminders and Health Care Information Authorization

Your chiropractor and members of the practice staff may need to use your name, address, phone number, and your clinical records to contact you with appointment reminders, information about treatment alternatives, or other health related information that may be of interest to you. If this contact is made by phone and you are not at home, a message will be left on your answering machine. By signing this form, you are giving us authorization to contact you with these reminders and information.

Patient Signature: ____ Date: _________________________

If not signed by the patient, please indicate relationship.

- ❑ Parent or guardian of minor patient
- ❑ Guardian or conservator of an incompetent patient
- ❑ Beneficiary or personal representative of deceased patient

Name of Patient: ____

For Office Use Only:

Signed form received by: ____

Acknowledgement refused: (Efforts to obtain / Reasons for refusal)

____

____

FINANCIAL POLICY AND AGREEMENT

I, the undersigned, in consideration of this Office's services, agree to the following terms:

Incorporation of Assignment Terms and Definitions: In this Agreement, "Office" and "Clinic" shall refer to Champions Chiropractic Center. I have reviewed the Office's Assignment from titled in short as "Assignment" or "Assignment / Lien". The terms and definitions contained in the Assignment are incorporated herein by reference.

Personal Responsibility for My Charges: I understand that I remain personally responsible for my Charges and that at any time, I can request a copy of my total Charges from the Office. Except where provided otherwise by law or by contract, I agree to pay the full amount of my Charges to the Office upon its demand. I understand that the Office's Assignment does not constitute an agreement by the Office to await payment of my Charges. Unless otherwise mutually agreed to in writing on a form provided by the Office, I agree that any partial payments received by the Office towards my Charges shall not constitute acceptance of any installment payment plan, shall not constitute a waiver of the Office's right to receive payment-in-full upon demand, and shall not constitute an accord and satisfaction of my Charges, regardless of any such terms or restrictions indicated on, or included with, any payments.

Personal Responsibility for Verifying the Limitations in My Coverage; Financial Responsibility for Non-Covered Charges. I understand that in any given situation, a Payer may initially refuse to make payment of the Office, may delay payment for an indefinite or unreasonable amount of time, or may actually request a refund from the Office after making payment after making payment, and do so either in whole or in part with respect to any given Charge incurred at the Office (collectively, "Deny Payment"). Without limiting the foregoing, I understand that a Payer may Deny Payment, stating that the Charge is "not a covered benefit" under its policy or exceeds some other limitation. I understand that a Payer may claim, based on internal criteria, that a particular Charge is or was not medically necessary or was not sufficiently documented, and should therefore be denied or downcoded. I further understand that a Payer may require certain Charges to be pre-certified or pre-authorized. I understand that there may be other situation where a Payer may Deny Payment based on a particular contractual term applicable to me or to the Office ("Term of Non-Coverage"). To the extent permitted by law or by contract, I agree that I am solely and exclusively responsible for verifying all Terms of Non-Coverage prior to incurring any Charges at the office. I further agree that should the Office assist me in the verification process, I assume the risk that the Payer and/or the Office may fail to accurately understand or communicate to me the Terms of Non-Coverage. Should any Payer Deny Payment, or should any Payer be likely to Deny Payment as determined by the Office in its sole discretion, I agree that I am personally, fully, and immediately responsible for the portion of my Charges denied or likely to be denied. In no even shall I hold the Office liable in any of the foregoing instances.

Collection of Higher of Allowed Amounts When Two or More Payers are Involved. Unless otherwise agreed to in writing, I authorize and direct the Office to submit my Charges, as well as a copy of an Assignment, to any and all Payers including, without limit, my health benefit plan. I understand that some or all of these Payers may utilize fee schedules to which the Office has agreed or as imposed by law ("allowed fees"). I further understand that the fees allowed or utilized by one Payer may exceed the fees allowed by another Payer. In the event that the fees allowed or utilized by one Payer exceed the fees allowed by another Payer, I hereby authorize and direct the Office insofar as permitted by law to collect its Charges up to its full Charges.

Authorization to Sign My Name on Payments; Transfer of Credit Balances. I authorize the Office to endorse or sign my name on any and all checks listing me as a payee which are received by the Office for payment of Charges incurred by me, my spouse, or my dependents. I further authorize the Office to apply any credit balances on my Charges to any outstanding Charges still owed by me, my spouse, or my dependents regardless of whether these other Charges are related to my condition.

Miscellaneous Provisions. Except as provided in this paragraph, this Agreement shall not be modified or revoked without the expressed, written consent of the Office. I hereby revoke, with the Office's consent, the terms of any previously signed documents, but only to the extent those terms conflict with the terms of this Agreement. I agree that each and every provision of this Agreement is reasonably necessary for the protection of the rights and interests of the Office and myself. However, should any provision of this Agreement be found to be invalid, illegal, or unenforceable, or for any reason cease to be binding on any party hereto, all other portions and provisions of this Agreement shall, nevertheless, remain in full force and effect. This Agreement shall be governed under the laws of the state where the Office is located, and is performable in the county where the Office is located. In any action based upon this agreement, my treatment, or my Charges, I hereby consent to personal jurisdiction and venue of any court in said county and waive all objections based on improper jurisdiction, venue, or forum non-convenience as such term is defined by law. I further waive any statute of limitations which may apply in any action based upon this Agreement, my treatment, or my Charges.

I have read, understood, and agree to the terms of this Agreement.
Patient Name (print) ____
Patient Signature ____ Date: _____/_____/__________

Name of Custodial Parent or Legal Guardian, on Behalf of the Patient (please print): ________________________________
Parent/Guardian Signature: ____ Date: _____/_____/__________