**Our Human Maintenance Schedule**

**What is maintenance to you?**

* Once a month?
* Once a week?
* Once every 2 weeks?
* Once a year?

Maintenance to me is on a schedule of:

* If it is once a month use 12, if weekly use 52
* Your number of adjustments/ years? \_\_\_\_\_\_\_\_\_\_\_\_
* What is your age in years? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Your human maintenance Formula:**

* Your Age x # of adjustments/ year + 1 (your first adjustment at birth) = your human maintenance schedule

Evaluate how are you currently maintaining your body on schedule?

**Example:**

If you are 57 years old

57 x 12 (adjustments/ year) = 684 adjustments

PLUS your adjustment on your first day of life = 685 = your human maintenance schedule

**Note:** use the human maintenance schedule with patients putting their age starting chiropractic care to do cost comparison of chiropractic cost vs medical expenditures.