

TIME IT TAKES TO GO TO THE CHIROPRACTOR'S OFFICE

Change into nice clothes	15 minutes
Put on make-up/comb hair	25 minutes
Look for car keys/wallet/purse	10 minutes
Drive to Chiropractor's office	18 minutes
Stop & get gas on the way	15 minutes
Check in at front desk	3 minutes
Sit in waiting room	15 minutes
Wait for Doctor once in treatment room	10 minutes
Get adjusted in high volume clinic	10 minutes
Stop at front desk to pay and reschedule	7 minutes
Drive home	18 minutes
Stop at McDonald's on way home for Big Mac combo meal	<u>15 minutes</u>
TOTAL TIME FROM DOOR TO DOOR	2 HRS. 31 MINUTES (+ 1,080 calories)

TIME IT TAKES FOR AN APPOINTMENT WHEN CHIROBUS MOBILE CHIROPRACTIC CLINIC COMES TO YOUR HOME OR OFFICE

Stumble out to ChiroBus in your jammies with your hair sticking up	2 minutes
Get thorough evaluation and adjustment in Concierge setting	30 minutes
Get instruction on exercises and make follow up appointment	10 minutes
Venmo payment to Doctor	1 minute
Stride confidently back into house/office	<u>1 minute</u>
TOTAL TIME FOR CHIROBUS APPOINTMENT	44 MINUTES
TIME SAVED WITH CHIROBUS	1 HR. 47 MINUTES (and zero calories)