

Name: _____ Date: _____ Practitioner : _____

Musculoskeletal	Hormonal	Lymbic/Emotional
Muscle soreness	Energy levels	Work stress
Locations Intensity 1-10	Low 5 4 3 2 1 Very high	Low 1 2 3 4 5 high
1	Water retention/bloating	Personal relationship stress
2	Low – 1 Mod – 2 High – 3	Low 1 2 3 4 5 high
3	Headache 1 2 3 4 5	Social ability
4	Eye fatigue 1 2 3 4 5	social 1 2 3 4 5 antisocial
Joint soreness	Neck Tension 1 2 3 4 5	Motivation Level
Locations Intensity 1-10	Cravings	Low 5 4 3 2 1 very high
1	Normal – 0 High – 1 Unusual – 2	
2	Sweating	
3	Normal – 0 Increased – 1 Decreased – 1	
4	Body temperature	
Workouts hampered	Normal – 0 Increased – 1 Decreased – 1	
Seldom 1 2 3 4 5 Often	Concentration ability	
Improving due to training	Low 5 4 3 2 1 Very good	
Little 5 4 3 2 1 Fast	Sleep Quality	
Notes:	Low 5 4 3 2 1 Very good	
Total score:	Total score:	Total score:
Morning heart rate:	Beats above/below normal:	
Time to bed:	Time rise from bed:	Total hours sleep:
Time of last meal:	Meal description:	