

Date: / /

the sun the sky the moon
the plane the clouds
the nest the roof



WAZZZZZ UP ?

• **Pain Levels:**

1 2 3 4 5 6 7 8 9 10
great lousy

• **Sleep Quality:**

1 2 3 4 5 6 7 8 9 10
great lousy

• **Breathing Quality:**

1 2 3 4 5 6 7 8 9 10
great lousy

• **My Mood:**

1 2 3 4 5 6 7 8 9 10

• **Went to School:**

9:00 am - 12:00 12:00 - 4:00 stayed home

Exercise:

Treadmill Bike Weights Stretches Yoga
 StairMaster Aquatherapy Walking Basketball
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Alternatives:

Reiki Massage Magnets EFT Steam
 Creative Visualization Therapeutic Mud Mineral Bath
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COMMENTS:
