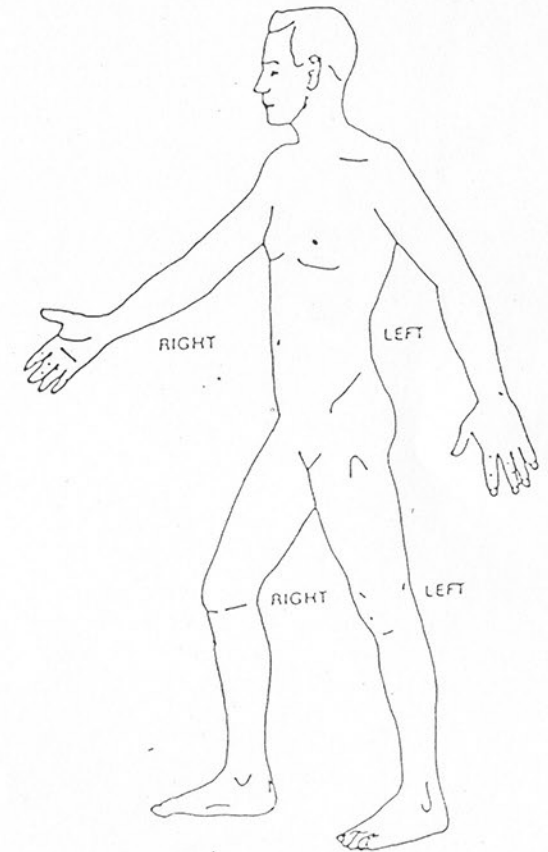
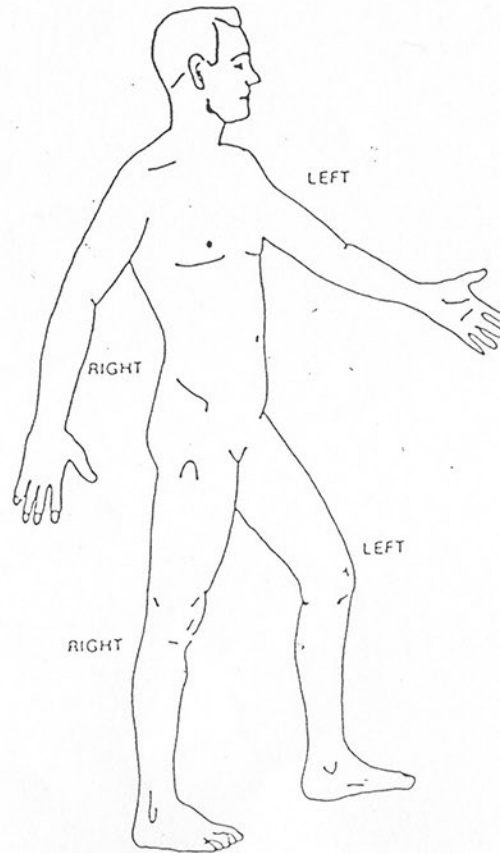
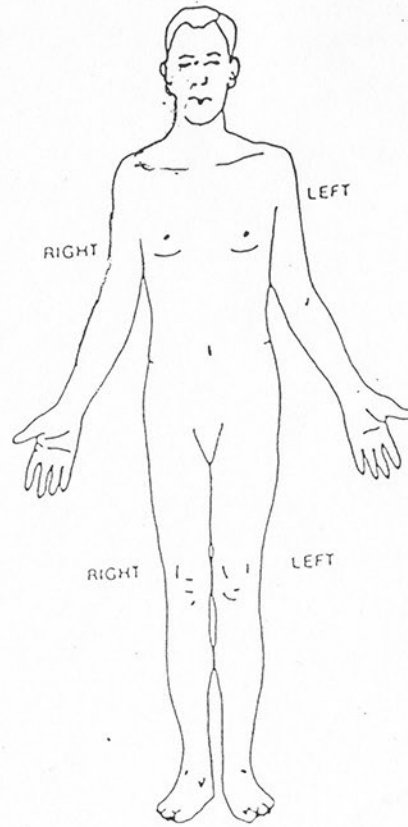
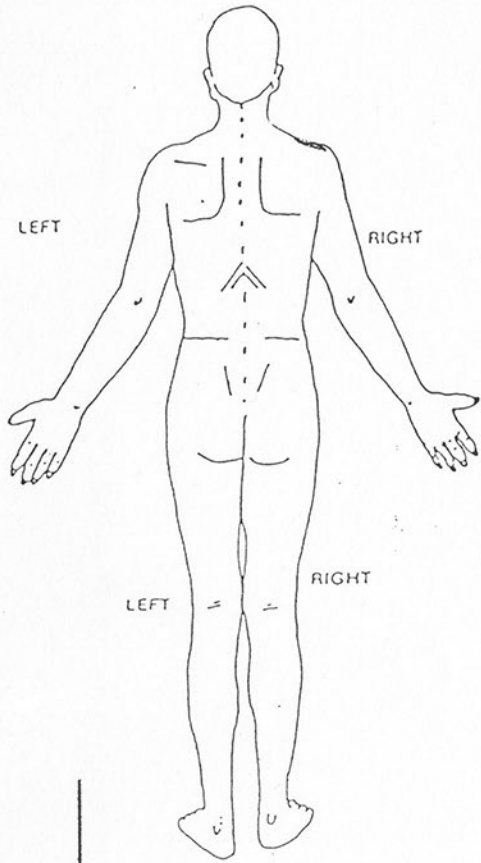


## Body Awareness Chart

1. Please color in parts of the body to indicate:
  - a. Parts that bother you the most: Red
  - b. Parts that feel good: Green
2. Write a few descriptive words by each part you've colored. e.g. burning, sharp pain, relaxed, always strong and flexible, etc.

Use whichever of the 4 views best shows the parts you're coloring in.



Name \_\_\_\_\_

Date \_\_\_\_\_