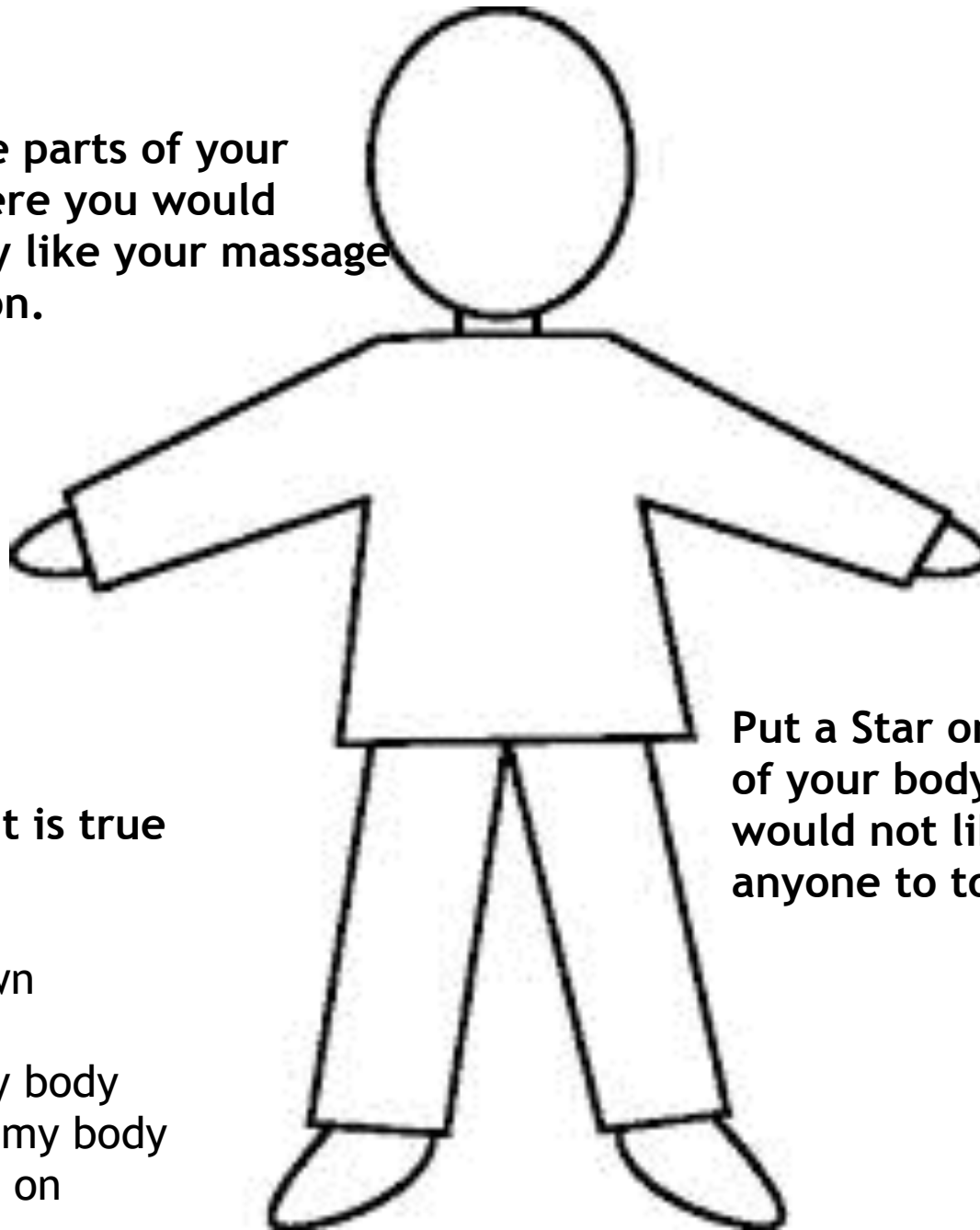




Circle the parts of your body where you would Especially like your massage to work on.



How have you been feeling lately?

- WORRIED
- SAD
- ANGRY
- STRESSED
- ACHEY
- TIRED
- TIGHT
- SHAKY
- RESTLESS
- FIDGETY
- ANXIOUS
- FRUSTRATED
- HAPPY
- EXCITED
- SCARED
- HOPELESS

Put a Star on the parts of your body you would not like anyone to touch

Circle any of the following if it is true for you....

- I have a hard time calming down
- I have a hard time in school
- When I am angry, I feel it in my body
- When I am worried, I feel it in my body
- I want to leave my shirt/shorts on