

Name Occupation Date

PHYSICAL CHALLENGES

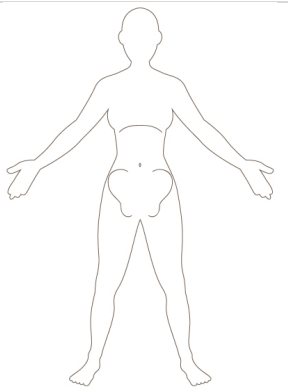
PHYSIOLOGICAL CHALLENGES

Energy
Sleep
Stress

MENTAL-EMOTIONAL CHALLENGES

Lifestyle
Activity Level
Temperament
Sources of Joy
Personal Practice

STRUCTURAL OBSERVATION



Cervical spine/Head
Shoulders/Arms
Thoracic curve
Lumbar curve
Hip position
Knee position
Ankles/Feet

Other Observations

MOVEMENT EVALUATION NOTES

Breath

Attention

STRATEGY

MAIN FOCUS

Asana

Breathing

Relaxation
Meditation

Other

NOTES