

0-10

0=doesn't bother me at all

10=bothers me daily

Original score 9/16/2021 - Complaint - second score 10/7/2021

4-Migraines-4

7-Headaches-7

10-Neck pain-8

5-Constipation-4

1-Burnout-1

7-Overwhelm-5

7-Anxiety-5

8-Distraction-6

10-Need to be productive-7

7-Out of balance-5

5-Isolation-4

5-Brain fog-7

6-Inability to gain strength, endurance or build muscle-6

0-10

0=don't feel/experience

10=feel fully

Positive attribute score 9/16/2021- Attribute - score 10/7/2021

8-Feel motivated-8

6-Feel connected-6

5-Spending time with others-5

9-Interested in service-9

4-Feel peaceful/calm-5

2-Eating well-5

5-Going to bed early-5

9-Rising early-10

9-Practicing hatha regularly-10

2-Spending sufficient time outside-6

3-Feel rested-5