My Healing Journey (Simple)

On a scale of 0-5 rate (0 = no longer exists and 5 = High level or extremely evident) your level of challenge with your symptom or identified area of focus during your Healing Journey.

Print and track over your EESystem session times.

Symptom or area desired to be tracked	Prior to 1st EESystem session	After 1st EESystem session	After 2nd EESystem session	After 3rd EESystem session	After 4tl EESyster session
Sample 1: Insomnia - unable to fall asleep	5	3	2	2	1
Sample 2: Left shoulder pain at rotator cuff area	5	4	3	2	0
Sample 3: Muscle cramping/charlie horse when sleeping	4	4	2	1	0