

Body Awareness Scan Worksheet

How to Use This Worksheet

Use this worksheet to check in with your body and track changes in pain, discomfort, and overall well-being. Take a moment to sit quietly, breathe deeply, and scan each part of your body. Write down anything you notice.

Head & Face

Headaches, tension, dizziness, sinus issues, eye strain, jaw pain.

Pain Level (0-10)

Type of Sensation (e.g., burning, stabbing, tingling):

Possible Triggers:

Relief Methods Tried:

Neck & Shoulders

Stiffness, nerve pain, muscle tension, radiating pain.

Pain Level (0-10)

Type of Sensation (e.g., burning, stabbing, tingling):

Possible Triggers:

Relief Methods Tried:

Arms & Hands

Tingling, numbness, weakness, joint pain (arthritis, EDS, etc.).

Pain Level (0-10)

Type of Sensation (e.g., burning, stabbing, tingling):

Possible Triggers:

Relief Methods Tried:

Chest & Breathing

Shortness of breath, heart palpitations, tightness.

Pain Level (0-10)

Type of Sensation (e.g., burning, stabbing, tingling):

Possible Triggers:

Relief Methods Tried:

Stomach & Digestion

Nausea, bloating, pain, acid reflux, IBS symptoms.

Pain Level (0-10)

Type of Sensation (e.g., burning, stabbing, tingling):

Possible Triggers:

Relief Methods Tried:

Lower Back & Hips

Sciatica pain, stiffness, muscle weakness.

Pain Level (0-10)

Type of Sensation (e.g., burning, stabbing, tingling):

Possible Triggers:

Relief Methods Tried:

Legs & Feet

Numbness, tingling, restless legs, muscle cramps, joint pain.

Pain Level (0-10)

Type of Sensation (e.g., burning, stabbing, tingling):

Possible Triggers:

Relief Methods Tried:

Mind-Body Connection

Fatigue Level (Energized - Tired - Exhausted):

Mood Check-In (Calm - Anxious - Depressed - Overwhelmed):

