

# **Vibrant World Energy Health**

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NAME: \_\_\_\_\_ SESSION DATE: \_\_\_\_\_

## **UPDATE SINCE YOUR LAST SESSION**

What have you noticed since the last session? (your observation of changes, no change, improvements, concerns etc.)

How did it go with your Self Care (ie. Home Play Exercises)?

## **PREPARATION FOR THE UPCOMING SESSION**

What would you like to achieve with this Energy Healing session?

Please describe any issues you wish to address in the session.

Any related information about the issues: (e.g. diagnoses, treatments or things you have tried, and outcomes of treatments/efforts)

Any injuries or soreness I should be aware of in the session?

Other Comments: