

Touch For Health Balance Record Sheet

Muscle	Mer.	Left	Right	Both	SR	NL	NV	O/I	Sp	Gol	AHP	LP	Food
Supraspinatus	C												
Teres Major	G												
Anterior Neck Flexors	St												
Posterior Neck Extensors	St												
Upper Trapezius	K												
Middle Trapezius	Sp												
Lower Trapezius	Sp												
Anterior Deltoid	GB												
Deltoid	Lu												
Pectoralis Major Sternal	Lv												
Pectoralis Major Clavicular	St												
Anterior Serratus	Lu												
Levator Scapulae	St												
Rhomboids	Lv												
Coracobrachialis	Lu												
Triceps	Sp												
Brachioradialis	St												
Opponens Pollicis Longus	Sp												
Teres Minor	TW												
Subscapularis	H												
Latissimus Dorsi	Sp												
Diaphragm	Lu												
Rectus Abdominis	SI												
Transverse Abdominals	SI												
Oblique Abdominals	SI												
Sacrospinalis	Bl												
Quadratus Lumborum	LI												
Psoas	K												
Gluteus Medius	CS												
Gluteus Maximus	CS												
Piriformis	CS												
Iliacus	K												
Hamstrings	LI												
Popliteus	GB												
Soleus	TW												
Gastrocnemius	TW												
Quadriceps	SI												
Sartorius	TW												
Fascia Lata	LI												
Adductors	CS												
Gracilis	TW												
Peroneus	Bl												
Anterior Tibials	Bl												
Posterior Tibials	Bl												

Emotion:

Fire

Joy
Love
Hate

Earth

Empathy
Sympathy

Metal

Grief
Guilt
Regret

Water

Fear
Anxiety

Wood

Anger
Resentment