

# Cleansing Flow™ Wellness Program

## Daily Client Journal

Date of Last Session: \_\_\_\_\_ Last Session #: \_\_\_\_\_

	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
	S M T W Th F S Date _____	S M T W Th F S Date _____	S M T W Th F S Date _____	S M T W Th F S Date _____	S M T W Th F S Date _____	S M T W Th F S Date _____	S M T W Th F S Date _____
Self-Healing?	Y / N (circle one)	Y / N (circle one)	Y / N (circle one)	Y / N (circle one)	Y / N (circle one)	Y / N (circle one)	Y / N (circle one)
<b>AM</b> Notes:							
Pain Rating:	_____	_____	_____	_____	_____	_____	_____
Anxiety Level	H / M / L (circle one)	H / M / L (circle one)	H / M / L (circle one)	H / M / L (circle one)	H / M / L (circle one)	H / M / L (circle one)	H / M / L (circle one)
Good Day?	Y / N (circle one)	Y / N (circle one)	Y / N (circle one)	Y / N (circle one)	Y / N (circle one)	Y / N (circle one)	Y / N (circle one)
<b>PM</b> Notes:							
Pain Rating:	_____	_____	_____	_____	_____	_____	_____
Anxiety Level	H / M / L (circle one)	H / M / L (circle one)	H / M / L (circle one)	H / M / L (circle one)	H / M / L (circle one)	H / M / L (circle one)	H / M / L (circle one)
Good Day?	Y / N (circle one)	Y / N (circle one)	Y / N (circle one)	Y / N (circle one)	Y / N (circle one)	Y / N (circle one)	Y / N (circle one)

### Pain Rating Guide:

Pain Level	Interpretation
0	Pain free
1	Very minor annoyance – occasional minor twinges
2	Minor annoyance – occasional strong twinges
3	Annoying enough to be distracting
4	Can be ignored if you are really involved in your work, but still distracting
5	Can't be ignored for more than 30 minutes
6	Can't be ignored for any length of time, but you can still go to work and participate in social activities
7	Makes it difficult to concentrate, interferes with sleep. You can still function with effort
8	Physical activity severely limited. You can read and converse with effort. Nausea and dizziness set in as factors of pain.
9	Unable to speak. Crying out or moaning uncontrollably – near delirium
10	Unconscious

### Anxiety Level Guide:

H=High M=Medium L=Low