

Worksheet 4-3**My Body Responses Tracking Sheet**

<i>Body Response</i>	<i>How did my body feel?</i>	<i>When did this happen? What was I doing?</i>
Muscle tightness		
Breathing		
Stomach symptoms		
Fatigue		
Headaches		
Posture		
Other: Dizziness, lightness, tingling, constriction in throat or chest, or feeling spacey and disoriented		