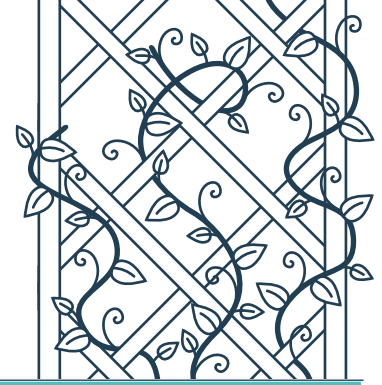




WAY OF LIFE | WORKSHEET

PATTERNS



| POSTURE | | | | |
|-----------|--------|---------|--------|-------|
| PATTERNS | | | | |
| Daily | Weekly | Monthly | Yearly | Other |
| PRACTICES | | | | |
| | | | | |

| POSTURE | | | | |
|-----------|--------|---------|--------|-------|
| PATTERNS | | | | |
| Daily | Weekly | Monthly | Yearly | Other |
| PRACTICES | | | | |
| | | | | |

| POSTURE | | | | |
|-----------|--------|---------|--------|-------|
| PATTERNS | | | | |
| Daily | Weekly | Monthly | Yearly | Other |
| PRACTICES | | | | |
| | | | | |