



Basic Assessment Form

Please rate 0 = never, 1 = sometimes, 2 = most of the time, 3 = all of the time

Lung Meridian - Total score _____

Discomfort in shoulder, chest, or upper back 0 1 2 3
 Concerns with skin health 0 1 2 3
 Concerns with immune function 0 1 2 3
 Concerns with shortness of breath or energy 0 1 2 3
 Feelings of low self-esteem 0 1 2 3
 Feelings of grief or sadness 0 1 2 3

Large Intestine Meridian - Total score _____

Discomfort in low back in AM or hip joint 0 1 2 3
 Concerns with digestive flora or colon 0 1 2 3
 Concerns with sinus congestion or bowels 0 1 2 3
 Concerns with allergies or sinuses 0 1 2 3
 Difficulty letting go emotionally 0 1 2 3
 Feeling stuck or blocked 0 1 2 3

Stomach Meridian - Total score _____

Discomfort in the throat or neck 0 1 2 3
 Concerns with initial stages of digestion 0 1 2 3
 Concerns with acid reflux or sour stomach 0 1 2 3
 Concerns with thyroid function 0 1 2 3
 Feeling spacey or distracted 0 1 2 3
 Feeling easily over-stimulated 0 1 2 3

Spleen Meridian - Total score _____

Discomfort in upper back or left side only 0 1 2 3
 Concerns with energy level and muscle tone 0 1 2 3
 Concerns processing carbohydrates or sugars 0 1 2 3
 Craves sugar and starchy foods 0 1 2 3
 Feeling over-protective or worried 0 1 2 3
 Feeling emotionally insecure 0 1 2 3

Heart Meridian - Total score _____

Discomfort in jaw, left shoulder, or sacrum 0 1 2 3
 Concerns with sleep cycle and feeling rested 0 1 2 3
 Concerns with heart function 0 1 2 3
 Issues with hormonal balance 0 1 2 3
 Feelings of anxiety 0 1 2 3
 Feelings of melancholy or general sadness 0 1 2 3

Small Intestine Meridian - Total score _____

Discomfort in knees, jaw, or abdomen 0 1 2 3
 Concerns with digestion or absorption 0 1 2 3
 Concerns with excessive bloating 0 1 2 3
 Concerns with recurring infections 0 1 2 3
 Feeling self-critical 0 1 2 3
 Being obsessed with details 0 1 2 3

Urinary Bladder Meridian - Total score _____

Discomfort of entire back, head, or ankle 0 1 2 3
 Concerns with stress hormones 0 1 2 3
 Concerns with the nervous system 0 1 2 3
 Concerns with bladder function 0 1 2 3
 Feeling indecisive or ambivalent 0 1 2 3
 Physically or emotionally inflexible 0 1 2 3

Kidney Meridian - Total score _____

Discomfort in low back in PM or inner thigh 0 1 2 3
 Concerns with hormonal balance 0 1 2 3
 Concerns with bone or teeth health 0 1 2 3
 Concerns with aging or feeling old 0 1 2 3
 Feeling betrayed or holding grudges 0 1 2 3
 Feeling over-controlling 0 1 2 3

Pericardium Meridian - Total score _____

Discomfort in rib cage or back of hip 0 1 2 3
 Concerns with metabolism and weight 0 1 2 3
 Concerns with hormones and insulin 0 1 2 3
 Feeling fanatical and over-zealous 0 1 2 3
 Feeling manic or over-zealous at times 0 1 2 3
 Having lack of direction 0 1 2 3

Triple Burner Meridian - Total score _____

Discomfort in joints in general or hairline 0 1 2 3
 Concerns with fluid retention 0 1 2 3
 Concerns with lymph system or infections 0 1 2 3
 Concerns with chronic infections 0 1 2 3
 Feeling emotionally repressed 0 1 2 3
 Feeling overly bound to rules 0 1 2 3

Gallbladder Meridian - Total score _____

Discomfort in tendons or outer thigh/hip 0 1 2 3
 Discomfort in the temples or side of head 0 1 2 3
 Difficulty digesting fatty meals 0 1 2 3
 General muscles tightness all over 0 1 2 3
 Feeling misunderstood or fearing change 0 1 2 3
 Feeling emotionally detached 0 1 2 3

Liver Meridian - Total score _____

Discomfort in the side of ribcage 0 1 2 3
 Wakes up with discomfort in head 0 1 2 3
 Concerns with detoxing and hormones 0 1 2 3
 Nausea in morning or after eating 0 1 2 3
 Feelings of anger or frustration 0 1 2 3
 Feeling overly sensitive 0 1 2 3