

VITALITY/QI _____

BL/YIN _____

PULSE **SPEED:** Fast / Slow **LOCATION:** Surface / Deep **FORCE:** Strong/Weak
COLD (*tight and slow, side-to-side*) **WIND** (*floating-ext /changing-int*) **DAMP** (*slippery, cotton, moist skin*)
HEAT & FIRE (*surging, urgent, rapid*) **SUMMER HEAT** (*floating,rapid,slip*) **HARDNESS** = Yin deficiency (Wirey)

LEFT PULSE ENDOCRINE
(*const./essence -needs rest*)

D Heart _____

M Liver _____

P Kidney _____

RIGHT PULSE DIGESTIVE
(*acquired/vitality – diet & exercise*)

D Lung _____

M Stomach _____

P Bladder _____

BONES: Thin / Broad
HANDS: Warm / Cool / Moist / Dry
VOICE: Timid / Loud / Chatty
EYES: Puffy / Yellow / Red / Dark Circles

TISSUE: Watery / Fleeshy / Sinewy / Boney
NAILS: _____
COMPLEXION: _____

TONGUE: Body Color: _____

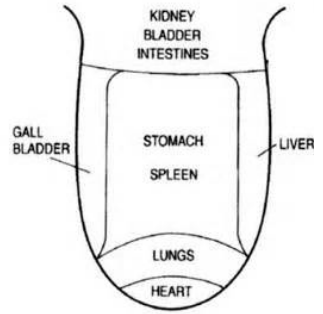
Coat: _____

Shape: _____

Moisture: _____

Underneath: _____

Movement: _____



OTHER: _____

TRACKING CRITERIA: _____

ASSESSMENT: _____

PLAN: _____

