

Name: _____

KNOW YOUR BODY!

S S T R E N G T H E T Q E E F H C
L N K Y S R L I M M U N I T Y V O
S N G O E M O T I O N S H Z S G M
F O Q R N F M L N F X U E K P K F
S I O G S G A N Y I G N F G E R O
T T L A A L P Z Y N E C S N U S R
R A M N H H L W M R N U C I G N T
E V X S O U S E G E W R S A I O N
S I E J Y W H Y C N H D A P T I N
S T G H O S N O I T C N U F A T L
S O L M C I T T T R A U M A F A U
M M V B U D N E L K C N Y S S T V
Z Z R E S T Z T M T R T N E E I J
W I D E T N E M S S E S S A B M U
W X D E H S V P D D U N S I J I V
I T B Z N W E A K N E S S F J L T
G L A N D S H L Y S K O Y K Q M V

LIMITATIONS ASSESSMENT MOTIVATION EMOTIONS FUNCTION
IMMUNITY STRENGTH WEAKNESS COMFORT FATIGUE
SYSTEMS ENERGY GLANDS JOINTS ORGANS
SENSES STRESS TRAUMA CELLS PAIN
REST