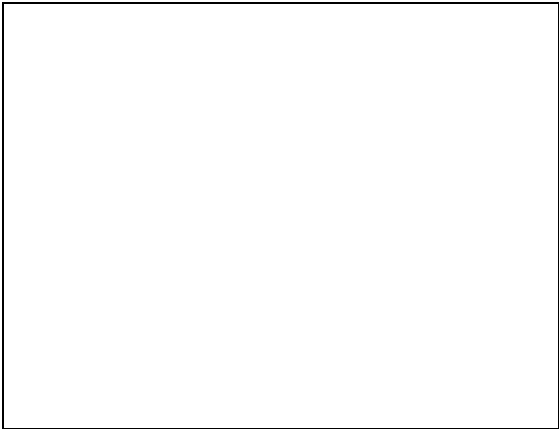


Morning Client Avatar



Age/Gender: _____

Occupation: _____

Structural Needs: _____

Desired Outcome: _____

Environment of practice/resources: _____

AM Sequencing Template

**Combination of all movement directions, emphasizing IN, BB and LB with repetition stay patterns (more reps and lower count stays) that bring integrity to the lower back and arm adaptations that relieve sleep stiffness in upper back neck and shoulders

Neutral Position	Supine	IN => <= EX	___x, stay _____
	Kneeling	IN => <= EX	___x, stay _____
	Prone	IN => <= EX	___x, stay _____
Transition	Kneeling	IN => <= EX	___x, stay _____
	Standing	IN => <= EX	___x, stay _____
Transition	Kneeling	IN => <= EX	___x, stay _____
	Prone	IN => <= EX	___x, stay _____
	Supine	IN => <= EX	___x, stay _____
	Seated	IN => <= EX	___x, stay _____
Neutral	Supine	IN => <= EX	___x, stay _____