

# Check-in Meter

**10**

My mind and body are jumping all around.

**9****8**

My mind is busy and my body is tense.

**7****6**

My mind is moving and my body is uncomfortable.

**5****4**

My mind is cloudy and my body is softening.

**3****2**

My mind is clearing and my body is calming.

**1**

My mind and body are calm, peaceful, and open.

MDS<sup>plus</sup>  
weheal