Self  Care

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| Track Point Progress | Date: | Date: | Date: | Date: |

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| Points for Routine A | Left  Foot | Right  Foot | Left  Foot | Right  Foot | Left Foot | Right  Foot | Left  Foot | Right Foot |
| Kidney |  |  |  |  |  |  |  |  |
| Bladder |  |  |  |  |  |  |  |  |
| Liver |  |  |  |  |  |  |  |  |
| Spleen |  |  |  |  |  |  |  |  |
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| Points for Routine B | Left  Foot | Right  Foot | Left  Foot | Right  Foot | Left Foot | Right  Foot | Left  Foot | Right Foot |
| Kidney |  |  |  |  |  |  |  |  |
| Adrenal Gland |  |  |  |  |  |  |  |  |
| Bladder |  |  |  |  |  |  |  |  |
| Heart |  |  |  |  |  |  |  |  |
| Temporal Lobe |  |  |  |  |  |  |  |  |

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