

# CHIN & JAW

## Healthy Posture Pre/Post Survey

### Pre-Survey

Answer the following questions based on how you feel RIGHT NOW.

I feel relaxed in my neck.

Agree 5    4    3    2    1    0    Disagree

I feel relaxed in my jaw and throat.

Agree 5    4    3    2    1    0    Disagree

My head feels heavy.

Agree 5    4    3    2    1    0    Disagree

I am aware of how to posture my chin and jaw to relieve tension on my neck and shoulders.

Agree 5    4    3    2    1    0    Disagree

I am aware of how I hold my tongue, both physically and metaphorically.

Agree 5    4    3    2    1    0    Disagree

### Post-Survey

Answer the following questions based on how you feel RIGHT NOW.

I feel relaxed in my neck.

Agree 5    4    3    2    1    0    Disagree

I feel relaxed in my jaw and throat.

Agree 5    4    3    2    1    0    Disagree

My head feels heavy.

Agree 5    4    3    2    1    0    Disagree

I am aware of how to posture my chin and jaw to relieve tension on my neck and shoulders.

Agree 5    4    3    2    1    0    Disagree

I am aware of how I hold my tongue, both physically and metaphorically.

Agree 5    4    3    2    1    0    Disagree



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