

# HEART & LUNGS

## Healthy Posture Pre/Post Survey

### Pre-Survey

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

I feel open and spacious in my chest cavity.

Agree 5      4      3      2      1      0      Disagree

I feel like my heart and lungs have the space to do their work.

Agree 5      4      3      2      1      0      Disagree

I am conscious and aware of my breathing and the space required for adequate breath.

Agree 5      4      3      2      1      0      Disagree

I feel I have healthy posture in my chest and upper back.

Agree 5      4      3      2      1      0      Disagree

I feel my front heart and BACK heart feel open.

Agree 5      4      3      2      1      0      Disagree

### Post-Survey

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

I feel open and spacious in my chest cavity.

Agree 5      4      3      2      1      0      Disagree

I feel like my heart and lungs have the space to do their work.

Agree 5      4      3      2      1      0      Disagree

I am conscious and aware of my breathing and the space required for adequate breath.

Agree 5      4      3      2      1      0      Disagree

I feel I have healthy posture in my chest and upper back.

Agree 5      4      3      2      1      0      Disagree

I feel my front heart and BACK heart feel open.

Agree 5      4      3      2      1      0      Disagree



TeriLeigh

[www.terileigh.com](http://www.terileigh.com) ♦ [teri@terileigh.com](mailto:teri@terileigh.com)

