

ENERGY 2 ENERGY

Animal Session Observation Journal

A simple record for animal caregivers before and after a remote energy-balancing session.

A private reflection resource from Marni Washington, CECP, CBCP, CBCP-L3

Establish a baseline

Record your animal's normal appetite, sleep, movement, social behavior, routines, and responses to touch or environment.

Describe the concern

Note what you observed, when it began, how often it occurs, and any veterinary guidance already received.

Before the session

Choose a quiet time when possible. Your animal does not need to perform or remain still for remote work.

After the session

Record observations without trying to force a result. Note changes in routine, comfort, interaction, and behavior over several days.

Veterinary care remains essential

Energy balancing is complementary. It does not diagnose or treat illness and should never delay veterinary assessment or emergency care.

Important: This educational resource supports personal reflection. Energy balancing is a complementary wellness practice and is not medical care, diagnosis, or treatment. Seek qualified professional care when appropriate.