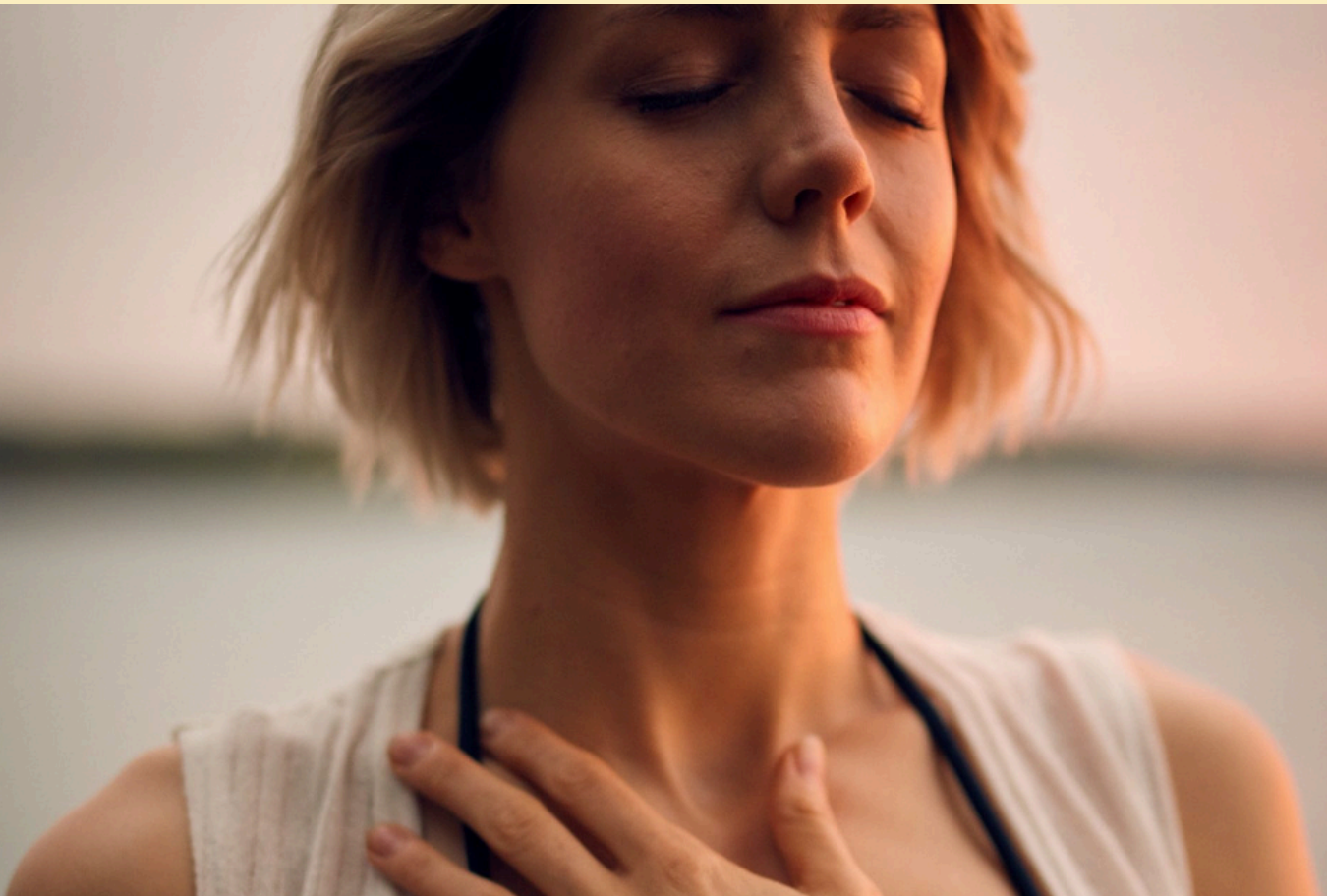


BACK-TO-ESSENTIALS BOOTCAMP

Week 1 - Assessment Functional Breathing & Wellbeing



The essential first steps towards unlocking
new potentials for your body and mind.

1 Getting Started | Let's assess where you are currently

Quick Check in and Reflection

Why is completing the Bootcamp important to you?

How could completing this positively impact your life?

Are there any current habits or situations that might get in the way of your progress? If so, how can you adjust or plan ahead to keep moving forward?

What's your biggest goal/s for improving your health & wellbeing through this experience?

Life happens | The back-up plan!

Life gets busy, but staying committed is what makes the difference. If you fall off track, don't worry—just reset, reschedule, and keep going. Change happens when we become aware, shift old habits and create new, lasting ones.

1 Self-Check-In | where are you now

Let's take a moment to check in on where you're at right now. Pick the number that best reflects what you experience most of the time.

Low/poor/not good/struggle = 1 | 10 = high/excellent/all good

Stress levels 1 2 3 4 5 6 7 8 9 10

Energy levels 1 2 3 4 5 6 7 8 9 10

Quality of sleep 1 2 3 4 5 6 7 8 9 10

Tension 1 2 3 4 5 6 7 8 9 10

Irritability 1 2 3 4 5 6 7 8 9 10

Overthinking 1 2 3 4 5 6 7 8 9 10

Emotional balance 1 2 3 5 4 6 7 8 9 10

Physical Health 1 2 3 4 5 6 7 8 9 10

Ability to relax 1 2 3 4 5 6 7 8 9 10

Screen time/
Scrolling habits 1 2 3 5 4 6 7 8 9 10

1 **Breath Check** | Evaluating your current breathing patterns and overall breathing health

Listen to the [Breath Body Awareness & Reconnection Audio](#) and then record your findings - mark any that relate to you. Sit comfortably and in a place where you will not be disturbed.

step 1 Your Breath at Rest

Inhale

Nose Mouth

Exhale

Nose Mouth

Where does the breath land and how does the body move

Upper CHEST moves

SHOULDERS move/rise

MID SECTION exapnds

BELLY area expands

BELLY sucks in on inhale

Vertical

Horizontal

Breathing patterns and experiences

Do any of your muscles tense?

Other observations - note here

Shoulders Jaw

Neck Stomach

Breaths are

Long and deep

Shallow

Quiet

Noisy

Flowing and smooth

Restricted or tight

1 **Breath Check** | Evaluating your current breathing patterns and overall breathing health

Do you

Feel the need to gasp for air No Yes Sometimes

Control your exhale No Yes Sometimes

Exhale fully No Yes Sometimes

Notice any pause in breathing No Yes Sometimes

Feel your breathing is healthy No Yes Maybe

step 2 Breath rhythm - breaths per minute

[Watch the guide on how to complete Steps 2 and 3 here](#)

Enter the amount of breaths per minute

step 3 Co2 Tolerance Test

This does require holding your breath for a short time - if you are pregnant, have epilepsy, uncontrolled blood pressure levels, sickle cell anaemia or severe heart conditions, please skip this step.

Enter the amount of seconds

Disclaimer:

The breathing assessments with Sharon Burkey and The Social Breathwork are not intended to diagnose any conditions, but to help identify breathing patterns that may need attention. I am not a medical professional, and these sessions are not a substitute for medical advice. If you have concerns about your breathing or health, I encourage you to consult a healthcare provider.

Breathwork can be a valuable tool for improving health and wellbeing, but it is not intended to diagnose, treat, or cure. If you're unsure, please reach out to your GP or medical advisor.

Any Key Observations to Note

Well done on completing the self-assessment! This will serve as a foundation for understanding where you currently stand. We will revisit it at the end of week 3 to track any changes.

Next Steps **Awareness Week | The Foundation for Progress** ([Practical Guide & Worksheet](#))



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