

Body mobility chart

Student name: _____

○○○○○ Tongue

○○○○○ Jaw

Head/neck ○○○○○

○○○○○ Right shoulder

Left shoulder ○○○○○

○○○○○ Right elbow

Left elbow ○○○○○

○○○○○
Right wrist/hand

○○○○○
Left wrist/hand

Hip / torso ○○○○○

○○○○○ Right leg (upper)

Left leg (upper) ○○○○○

○○○○○ Right knee

Left knee ○○○○○

○○○○○ Right ankle/foot

Left ankle/foot ○○○○○

