CUPPING4LIFE HOLISTIC HEALTH CENTER

My Quantum Cupping Journal

Your body keeps what we build.



MY NAME

MY FIRST SESSION DATE

CUPPING4LIFE HOLISTIC HEALTH CENTER
PACIFIC BEACH, SAN DIEGO

WELCOME

How to use this journal

Progress in quantum cupping is a staircase. Our sessions build on each other, step by step, so your body does not just feel better for a day — it learns a new way to flow.

We usually meet about a week apart for five sessions. Each one goes a little deeper than the last, because the work before it has already opened the way. Your fifth session opens the door to a sixth maintenance session, free — our way of helping you hold what we have built together.

YOUR RHYTHM WITH THIS JOURNAL

After each treatment, fill in one session page. Note the colors you saw, how many days they took to fade, and how your body felt that week.

Between sessions, fill in one weekly check-in. It takes only a minute, and it is often where the first real changes show up.

Bring your journal to every appointment. We read it together. Your notes help us choose where to work next, and they help you see how far you have come.

What to watch for

Marks lighten session by session as flow returns. Symptoms shift too — often before the mirror shows anything. Better sleep, easier digestion, legs that feel lighter at the end of the day: write it all down, even when it feels small. Small is how change begins.

There are no right answers here. Be honest, be brief, and let the pages tell the story over time.

THE FIVE-SESSION STAIRCASE

Your staircase at a glance

Five sessions that build — and a sixth to help you keep it.

1	2	3	4	5	6
Session 1	Session 2	Session 3	Session 4	Session 5	Session 6 Free maintenance
DATE	DATE	DATE	DATE	DATE	

Think of each session as one step. Session 1 wakes the flow. By Session 3, most clients tell us their marks are already lighter and fading faster. By Session 5, the body holds the new pattern more easily — and maintenance keeps it that way.

MARK YOUR STEPS

As you complete each session, write its date in the step above. When all six are filled, turn to *My Progress at a Glance* near the back of this journal and look at your staircase in numbers.

A note on timing

Sessions about a week apart give your body time to respond and us a clear picture of what changed. If life gets in the way, do not worry — we simply pick the staircase back up where you left it.

A GUIDE TO COLOR

Reading your marks

Your marks are information — a map of where flow was stuck, and how it is returning.



Deep Purple — the oldest story

Blood and fluid stuck for years. First sessions often mark darkest here. This is the body finally showing us what it has been carrying.



Dark Red — stagnation with heat

We glide, we do not park and press. The color tells us to keep things moving, gently.

Pale — the quiet mark

Not enough blood and Qi — pronounced “chee” — arriving. This body needs building, not draining.



Light Pink — flow returning

Our favorite color to see. Gone in a day or two, and a sign the tissue is clearing the way it should.

Please remember

A mark is not a bruise. A mark with a lump, heat or swelling on one side only goes to your doctor first, always. When in doubt, consult your doctor before your next session.

BEFORE SESSION 1

My starting point

Fill this in before your first session. Be honest — this is your "before" picture.

Circle one number for each — 1 is struggling, 5 is thriving.

Digestion	1 2 3 4 5
Energy	1 2 3 4 5
Sleep	1 2 3 4 5
Cravings	1 2 3 4 5
Mood	1 2 3 4 5
Fluid retention / puffiness	1 2 3 4 5
Pain & tension	1 2 3 4 5
How my legs feel	1 2 3 4 5
How my face looks in the morning	1 2 3 4 5

WHAT I MOST WANT TO CHANGE

WHAT I HAVE ALREADY TRIED

SESSION 1 OF THE STAIRCASE

Session 1

The first step — we wake the flow and learn your map.

DATE

FOCUS OF TODAY'S SESSION

YOUR MARKS TODAY

AREA	COLOR SEEN — CIRCLE ONE	DAYS TO FADE
Neck & shoulders	Purple · Dark Red · Pale · Pink · None	
Between the shoulder blades	Purple · Dark Red · Pale · Pink · None	
Mid-back	Purple · Dark Red · Pale · Pink · None	
Lower back	Purple · Dark Red · Pale · Pink · None	
Hips & sacrum	Purple · Dark Red · Pale · Pink · None	
Belly	Purple · Dark Red · Pale · Pink · None	
Legs	Purple · Dark Red · Pale · Pink · None	
Face & neck	Purple · Dark Red · Pale · Pink · None	

THIS WEEK I NOTICED

Circle one number for each — 1 is struggling, 5 is thriving.

Digestion	1 2 3 4 5
Energy	1 2 3 4 5
Sleep	1 2 3 4 5
Cravings	1 2 3 4 5
Mood	1 2 3 4 5
Fluid retention / puffiness	1 2 3 4 5
Pain & tension	1 2 3 4 5

ONE CHANGE I NOTICED

QUESTIONS FOR MY NEXT SESSION

SESSION 2 OF THE STAIRCASE

Session 2

Building on Session 1 — the body remembers.

DATE

FOCUS OF TODAY'S SESSION

YOUR MARKS TODAY

AREA	COLOR SEEN — CIRCLE ONE	DAYS TO FADE
Neck & shoulders	Purple · Dark Red · Pale · Pink · None	
Between the shoulder blades	Purple · Dark Red · Pale · Pink · None	
Mid-back	Purple · Dark Red · Pale · Pink · None	
Lower back	Purple · Dark Red · Pale · Pink · None	
Hips & sacrum	Purple · Dark Red · Pale · Pink · None	
Belly	Purple · Dark Red · Pale · Pink · None	
Legs	Purple · Dark Red · Pale · Pink · None	
Face & neck	Purple · Dark Red · Pale · Pink · None	

THIS WEEK I NOTICED

Circle one number for each — 1 is struggling, 5 is thriving.

Digestion	1 2 3 4 5
Energy	1 2 3 4 5
Sleep	1 2 3 4 5
Cravings	1 2 3 4 5
Mood	1 2 3 4 5
Fluid retention / puffiness	1 2 3 4 5
Pain & tension	1 2 3 4 5

ONE CHANGE I NOTICED

QUESTIONS FOR MY NEXT SESSION

SESSION 3 OF THE STAIRCASE

Session 3

Halfway up the staircase — watch for lighter marks.

DATE

FOCUS OF TODAY'S SESSION

YOUR MARKS TODAY

AREA	COLOR SEEN — CIRCLE ONE	DAYS TO FADE
Neck & shoulders	Purple · Dark Red · Pale · Pink · None	
Between the shoulder blades	Purple · Dark Red · Pale · Pink · None	
Mid-back	Purple · Dark Red · Pale · Pink · None	
Lower back	Purple · Dark Red · Pale · Pink · None	
Hips & sacrum	Purple · Dark Red · Pale · Pink · None	
Belly	Purple · Dark Red · Pale · Pink · None	
Legs	Purple · Dark Red · Pale · Pink · None	
Face & neck	Purple · Dark Red · Pale · Pink · None	

THIS WEEK I NOTICED

Circle one number for each — 1 is struggling, 5 is thriving.

Digestion	1	2	3	4	5
Energy	1	2	3	4	5
Sleep	1	2	3	4	5
Cravings	1	2	3	4	5
Mood	1	2	3	4	5
Fluid retention / puffiness	1	2	3	4	5
Pain & tension	1	2	3	4	5

ONE CHANGE I NOTICED

QUESTIONS FOR MY NEXT SESSION

SESSION 4 OF THE STAIRCASE

Session 4

Going deeper, because the way is open now.

DATE

FOCUS OF TODAY'S SESSION

YOUR MARKS TODAY

AREA	COLOR SEEN — CIRCLE ONE	DAYS TO FADE
Neck & shoulders	Purple · Dark Red · Pale · Pink · None	
Between the shoulder blades	Purple · Dark Red · Pale · Pink · None	
Mid-back	Purple · Dark Red · Pale · Pink · None	
Lower back	Purple · Dark Red · Pale · Pink · None	
Hips & sacrum	Purple · Dark Red · Pale · Pink · None	
Belly	Purple · Dark Red · Pale · Pink · None	
Legs	Purple · Dark Red · Pale · Pink · None	
Face & neck	Purple · Dark Red · Pale · Pink · None	

THIS WEEK I NOTICED

Circle one number for each — 1 is struggling, 5 is thriving.

Digestion	1 2 3 4 5
Energy	1 2 3 4 5
Sleep	1 2 3 4 5
Cravings	1 2 3 4 5
Mood	1 2 3 4 5
Fluid retention / puffiness	1 2 3 4 5
Pain & tension	1 2 3 4 5

ONE CHANGE I NOTICED

QUESTIONS FOR MY NEXT SESSION

SESSION 5 OF THE STAIRCASE

Session 5

The fifth step — holding the new pattern.

DATE

FOCUS OF TODAY'S SESSION

YOUR MARKS TODAY

AREA	COLOR SEEN — CIRCLE ONE	DAYS TO FADE
Neck & shoulders	Purple · Dark Red · Pale · Pink · None	
Between the shoulder blades	Purple · Dark Red · Pale · Pink · None	
Mid-back	Purple · Dark Red · Pale · Pink · None	
Lower back	Purple · Dark Red · Pale · Pink · None	
Hips & sacrum	Purple · Dark Red · Pale · Pink · None	
Belly	Purple · Dark Red · Pale · Pink · None	
Legs	Purple · Dark Red · Pale · Pink · None	
Face & neck	Purple · Dark Red · Pale · Pink · None	

THIS WEEK I NOTICED

Circle one number for each — 1 is struggling, 5 is thriving.

Digestion	1 2 3 4 5
Energy	1 2 3 4 5
Sleep	1 2 3 4 5
Cravings	1 2 3 4 5
Mood	1 2 3 4 5
Fluid retention / puffiness	1 2 3 4 5
Pain & tension	1 2 3 4 5

ONE CHANGE I NOTICED

QUESTIONS FOR MY NEXT SESSION

SESSION 6 OF THE STAIRCASE

Session 6 — Maintenance (Free)

Your free maintenance session — keeping the flow you built.

DATE

FOCUS OF TODAY'S SESSION

YOUR MARKS TODAY

AREA	COLOR SEEN — CIRCLE ONE	DAYS TO FADE
Neck & shoulders	Purple · Dark Red · Pale · Pink · None	
Between the shoulder blades	Purple · Dark Red · Pale · Pink · None	
Mid-back	Purple · Dark Red · Pale · Pink · None	
Lower back	Purple · Dark Red · Pale · Pink · None	
Hips & sacrum	Purple · Dark Red · Pale · Pink · None	
Belly	Purple · Dark Red · Pale · Pink · None	
Legs	Purple · Dark Red · Pale · Pink · None	
Face & neck	Purple · Dark Red · Pale · Pink · None	

THIS WEEK I NOTICED

Circle one number for each — 1 is struggling, 5 is thriving.

Digestion	1 2 3 4 5
Energy	1 2 3 4 5
Sleep	1 2 3 4 5
Cravings	1 2 3 4 5
Mood	1 2 3 4 5
Fluid retention / puffiness	1 2 3 4 5
Pain & tension	1 2 3 4 5

ONE CHANGE I NOTICED

QUESTIONS FOR MY NEXT SESSION

BETWEEN SESSIONS

Weekly Check-In 1

A quiet minute with your body, between treatments.

DATE

THIS WEEK, BETWEEN SESSIONS

HOW I AM THIS WEEK

Circle one number for each — 1 is struggling, 5 is thriving.

Digestion	1 2 3 4 5
Energy	1 2 3 4 5
Sleep	1 2 3 4 5
Cravings	1 2 3 4 5
Mood	1 2 3 4 5
Fluid retention / puffiness	1 2 3 4 5
Pain & tension	1 2 3 4 5

CARE BETWEEN SESSIONS

WATER

WALKS & MOVEMENT

REST

MY BODY FEELS

BETWEEN SESSIONS

Weekly Check-In 2

A quiet minute with your body, between treatments.

DATE

THIS WEEK, BETWEEN SESSIONS

HOW I AM THIS WEEK

Circle one number for each — 1 is struggling, 5 is thriving.

Digestion	1 2 3 4 5
Energy	1 2 3 4 5
Sleep	1 2 3 4 5
Cravings	1 2 3 4 5
Mood	1 2 3 4 5
Fluid retention / puffiness	1 2 3 4 5
Pain & tension	1 2 3 4 5

CARE BETWEEN SESSIONS

WATER

WALKS & MOVEMENT

REST

MY BODY FEELS

BETWEEN SESSIONS

Weekly Check-In 3

A quiet minute with your body, between treatments.

DATE

THIS WEEK, BETWEEN SESSIONS

HOW I AM THIS WEEK

Circle one number for each — 1 is struggling, 5 is thriving.

Digestion	1 2 3 4 5
Energy	1 2 3 4 5
Sleep	1 2 3 4 5
Cravings	1 2 3 4 5
Mood	1 2 3 4 5
Fluid retention / puffiness	1 2 3 4 5
Pain & tension	1 2 3 4 5

CARE BETWEEN SESSIONS

WATER

WALKS & MOVEMENT

REST

MY BODY FEELS

THE WHOLE STAIRCASE, IN ONE VIEW

My progress at a glance

Copy your numbers from your starting point and each session page.

MEASURE	START	S1	S2	S3	S4	S5	S6
Digestion							
Energy							
Sleep							
Cravings							
Mood							
Fluid retention							
Pain & tension							
Legs							
Morning face							

Read across each row, left to right. That line is your progress — not always straight, not always fast, but yours. Bring this page to your maintenance visit so we can celebrate it together and plan your rhythm from here.

What improved most?

What still needs our care?

SPACE TO THINK

Notes & reflections

Dreams, shifts, questions — anything your body tells you.

AFTER THE STAIRCASE

Keep the rhythm

Pink is maintained, never won once. The light, easy flow you have built asks for a rhythm to keep it — regular maintenance sessions, water, walks, rest, and the small daily choices that tell your body you are listening.

Most clients settle into a maintenance rhythm that fits their life and their body. At your next visit, we will help you find yours — how often to come in, what to watch between visits, and when a single session can get you back on track.

Keep this journal. On a hard day, open it to your starting point and read how far you have come. Your body keeps what we build — and it remembers every step.

Book your next session

www.cupping4life.com

Learn with us — classes & workshops

www.thecuppingspecialist.com

Get the app: Quantum Cupping at Home

$39, FREE with any class · www.thecuppingspecialist.com/store

With care, from our team at Cupping4Life

Quantum cupping is a complementary wellness service and is not intended to diagnose, treat, or cure medical conditions. This journal is a personal tracking tool and is not medical advice.