



MASSAGE
MASTERY
ONLINE

MESSAGE SESSION PLANNING FORM

DIRECTIONS: Use this form to plan a session. First, gather data from a client about their wants, needs, and preferences. Then describe each event in your session. Determine how much time to allocate to each event. Make notes about the types of techniques you wish to use and planned variations.

SESSION LENGTH:

CLIENT SAFETY: Based on the client's health form and interview, are there any contraindications or areas of caution related to massage for this client? Describe:

What adaptations will you make to ensure the massage is safe for this client?

CLIENT GOALS: What are the client's goals for the session? What adaptations will you make to your massage to achieve client session goals?

CLIENT PREFERENCES

On which body areas would the client NOT want to receive massage?

On which body areas would the client like to receive massage?

On which regions or areas would the client want additional focus and massage time?

On which regions or areas would the client prefer deeper pressure?

Does the client describe other wants, needs, or preferences?

SESSION EVENTS	TIMING	NOTES / COMMENTS