

RELAXATION-TRAINING LOG

Practice the relaxation method you learned today at least twice a day. Record each day and time that you practice. For "Before" and "After," use a scale from 1 to 10, with 10 being the most nervous and tense you have ever felt and 1 being the most relaxed and calm you have ever felt. Please bring this log to your next session.

Day: _____

Time 1: _____ Before: ____ After: ____

Time 2: _____ Before: ____ After: ____

Day: _____

Time 1: _____ Before: ____ After: ____

Time 2: _____ Before: ____ After: ____

Day: _____

Time 1: _____ Before: ____ After: ____

Time 2: _____ Before: ____ After: ____

Day: _____

Time 1: _____ Before: ____ After: ____

Time 2: _____ Before: ____ After: ____

Day: _____

Time 1: _____ Before: ____ After: ____

Time 2: _____ Before: ____ After: ____

Day: _____

Time 1: _____ Before: ____ After: ____

Time 2: _____ Before: ____ After: ____

Day: _____

Time 1: _____ Before: ____ After: ____

Time 2: _____ Before: ____ After: ____