

## RELAXATION LOG

Fill in the Log every day, both before and after doing your Relaxation Exercise. Circle the number that shows how you felt during the day, and the number that shows how you felt after practicing the Relaxation Exercise.

<b>DAY</b>	<b>TODAY I FELT</b>	<b>AFTER RELAXING I FEEL</b>
	<b>CALM -----TENSE</b>	<b>CALM -----TENSE</b>
<b>MON</b>	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9
<b>TUES</b>	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9
<b>WED</b>	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9
<b>THUR</b>	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9
<b>FRI</b>	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9
<b>SAT</b>	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9
<b>SUN</b>	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9

Week ending: / /