

Relaxation Log

Practice relaxation (e.g., tactical breathing, progressive muscle relaxation) at least twice per day. Once should be during the day when you are not experiencing a high degree of stress. The second should be close to bedtime. Record how tense you felt before and after your relaxation practice, on a scale of 0-100 with 0 = deeply and completely relaxed throughout your body, and 100 = extremely tense throughout your body.

	Date	Time		Self-Rating		Difficulties or Comments
		Start	End	Before	After	
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						