

| | Relaxation Log | | | | | | |
|-----------------|----------------|-------|------|-------|------|------|------|
| | Mon. | Tues. | Wed. | Thur. | Fri. | Sat. | Sun. |
| Breathing | | | | | | | |
| Deep Muscle | | | | | | | |
| Self-Hypnosis | | | | | | | |
| Mental pictures | | | | | | | |

Relaxation Log

Name: _____

Date: _____

Call with questions: