RELAXATION PRACTICE RECORD

Use this record to chart your relaxation practice over time. Before you begin your practice, use the scale below to rate your level of tension. After you complete the practice, use the same scale again to rate your level of tension. Note any differences. Remember, it may take a number of sessions before you notice improvement.

0	1	2	3	4	5	6	7	8	9	10
Totally Relaxed		Very Relaxed		Slightly Relaxed		Slightly Tense		Moderatel Tense	ý	Extremely Tense

Date	How long did you practice? (minutes)	Level of tension before practice (0-10)	Level of tension after practice (0-10)