

Relaxation Log

Keep track of the relaxation exercises you engaged in this week. Note what type of relaxation you did and for how long. Rate your anxiety where 0 = none, and 10 = very high before and after the exercise.

	Relaxation Exercise	Minutes	Anxiety Before	Anxiety After
Monday	<input type="checkbox"/> Deep Breathing <input type="checkbox"/> Progressive Muscle Relaxation <input type="checkbox"/> Other			
Tuesday	<input type="checkbox"/> Deep Breathing <input type="checkbox"/> Progressive Muscle Relaxation <input type="checkbox"/> Other			
Wednesday	<input type="checkbox"/> Deep Breathing <input type="checkbox"/> Progressive Muscle Relaxation <input type="checkbox"/> Other			
Thursday	<input type="checkbox"/> Deep Breathing <input type="checkbox"/> Progressive Muscle Relaxation <input type="checkbox"/> Other			
Friday	<input type="checkbox"/> Deep Breathing <input type="checkbox"/> Progressive Muscle Relaxation <input type="checkbox"/> Other			
Saturday	<input type="checkbox"/> Deep Breathing <input type="checkbox"/> Progressive Muscle Relaxation <input type="checkbox"/> Other			
Sunday	<input type="checkbox"/> Deep Breathing <input type="checkbox"/> Progressive Muscle Relaxation <input type="checkbox"/> Other			