# RELAXATION LOG

Name:                 Start Date:                      End Date:

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.

**STRESS LEVEL:**          **Calm----------------------------------------Tense**

**0     1     2     3     4     5     6     7     8     9     10**

| Day | | Today, I Felt | After Relaxing, I Feel |
|---|---|---|---|
| **Mon** | **Stress** | 0 1 2 3 4 5 6 7 8 9 10 | 0 1 2 3 4 5 6 7 8 9 10 |
| Notes: | | | |
| **Tues** | **Stress** | 0 1 2 3 4 5 6 7 8 9 10 | 0 1 2 3 4 5 6 7 8 9 10 |
| Notes: | | | |
| **Wed** | **Stress** | 0 1 2 3 4 5 6 7 8 9 10 | 0 1 2 3 4 5 6 7 8 9 10 |
| Notes: | | | |
| **Thurs** | **Stress** | 0 1 2 3 4 5 6 7 8 9 10 | 0 1 2 3 4 5 6 7 8 9 10 |
| Notes: | | | |
| **Fri** | **Stress** | 0 1 2 3 4 5 6 7 8 9 10 | 0 1 2 3 4 5 6 7 8 9 10 |
| Notes: | | | |
| **Sat** | **Stress** | 0 1 2 3 4 5 6 7 8 9 10 | 0 1 2 3 4 5 6 7 8 9 10 |
| Notes: | | | |
| **Sun** | **Stress** | 0 1 2 3 4 5 6 7 8 9 10 | 0 1 2 3 4 5 6 7 8 9 10 |
| Notes: | | | |
| **Mon** | **Stress** | 0 1 2 3 4 5 6 7 8 9 10 | 0 1 2 3 4 5 6 7 8 9 10 |
| **Notes:** | | | |
| **Tues** | **Stress** | 0 1 2 3 4 5 6 7 8 9 10 | 0 1 2 3 4 5 6 7 8 9 10 |
| Notes: | | | |
| **Wed** | **Stress** | 0 1 2 3 4 5 6 7 8 9 10 | 0 1 2 3 4 5 6 7 8 9 10 |
| Notes: | | | |
| **Thurs** | **Stress** | 0 1 2 3 4 5 6 7 8 9 10 | 0 1 2 3 4 5 6 7 8 9 10 |
| Notes: | | | |
| **Fri** | **Stress** | 0 1 2 3 4 5 6 7 8 9 10 | 0 1 2 3 4 5 6 7 8 9 10 |
| Notes: | | | |
| **Sat** | **Stress** | 0 1 2 3 4 5 6 7 8 9 10 | 0 1 2 3 4 5 6 7 8 9 10 |
| Notes: | | | |
| **Sun** | **Stress** | 0 1 2 3 4 5 6 7 8 9 10 | 0 1 2 3 4 5 6 7 8 9 10 |
| Notes: | | | |