CONTROLLED BREATHING LOG

Practice the breathing we learned in session today for 10 minutes twice a day. Write down each day and time that you practice. Bring this in with you to your next session.

Day: ____________________

  Time 1: ______________
  Time 2: ______________

Day: ____________________

  Time 1: ______________
  Time 2: ______________

Day: ____________________

  Time 1: ______________
  Time 2: ______________

Day: ____________________

  Time 1: ______________
  Time 2: ______________

Day: ____________________

  Time 1: ______________
  Time 2: ______________

Day: ____________________

  Time 1: ______________
  Time 2: ______________

Day: ____________________

  Time 1: ______________
  Time 2: ______________

Day: ____________________

  Time 1: ______________
  Time 2: ______________