

Relaxation Log

Practice the relaxation activity we learned in session today for 10- 15 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: _____

Activity: _____

Time 2: _____

Activity: _____

Day: _____

Time 1: _____

Activity: _____

Time 2: _____

Activity: _____

Day: _____

Time 1: _____

Activity: _____

Time 2: _____

Activity: _____

Day: _____

Time 1: _____

Activity: _____

Time 2: _____

Activity: _____

Day: _____

Time 1: _____

Activity: _____

Time 2: _____

Activity: _____

Day: _____

Time 1: _____

Activity: _____

Time 2: _____

Activity: _____

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Time 1: _____

Activity: _____

Time 2: _____

Activity: _____