Relaxation Practice Sheet

- **Practice your relaxation skills at least 3-5 times this week**
- **Practice your skills for 10 minutes**
- **Remember to rate how you feel *before* and *after* you practice your relaxation skill**
- **Remember you can also practice any time during the week when you feel tense.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
I felt: _____ **I did:** _____	**I felt:** _____ **I did:** _____	**I felt:** _____ **I did:** _____	**I felt:** _____ **I did:** _____	**I felt:** _____ **I did:** _____	**I felt:** _____ **I did:** _____	**I felt:** _____ **I did:** _____
Rating (0-10) before relaxation:	***Rating (0-10) before relaxation:***	***Rating (0-10) before relaxation:***	***Rating (0-10) before relaxation:***	***Rating (0-10) before relaxation:***	***Rating (0-10) before relaxation:***	***Rating (0-10) before relaxation:***
Rating (0-10) after relaxation:	***Rating (0-10) after relaxation:***	***Rating (0-10) after relaxation:***	***Rating (0-10) after relaxation:***	***Rating (0-10) after relaxation:***	***Rating (0-10) after relaxation:***	***Rating (0-10) after relaxation:***