## 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:
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	Time 1:
	Time 2:
Day:	
	Time 1:
	Time 2: