

Relaxation Practice Log

Day of the Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Relaxation Exercise							
Duration of Practice							
Tension Before (1-10)							
Tension After (1-10)							
Comments							

Tension Key

- 1=Totally Relaxed/No Tension
- 2=Very Relaxed
- 3=Moderately Relaxed
- 4=Fairly Relaxed
- 5=Slightly Relaxed
- 6=Slightly Tense
- 7=Fairly Tense
- 8=Moderately Tense
- 9=Very Tense
- 10=Extremely Tense

Your increased awareness of your body's response to stressful events is an important part of learning how to manage the stress in your life, learning to improve your relaxation response, and your sleep.