

Daily Record of Progressive Muscle Relaxation

Use the scale below to indicate the degree of relaxation *before* and *after* each practise. You may also like to include comments about your practise such as how you were feeling, what sort of day you have had or perhaps why you missed practise.

Feeling very tense	0	1	2	3	4	5	6	7	8	9	10	Feeling very relaxed
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Day	Date / Time	Relaxation level before practise	Relaxation level after practise	Comments
	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			

	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			