Activity 4: Relaxation Monitoring

The following is a form that you can use to monitor your relaxation level. However, many people prefer to have their own monitoring booklet or diary. If you would like to use your own diary, we recommend that you buy a dedicated booklet or small notebook for that. There you can record your practice (date, time and level of relaxation achieved). Different relaxation techniques will work for different people. Over the next week, choose relaxation activities to do at least twice a week.

Track your relaxation level from 0 (completely relaxed) to 10 (tense) **before and after** you practice the activity.

0 (relax) 1 2 3 4 5 6 7 8 9 10 (tense)

Day	Type of relaxation exercise	Time practiced	Relaxion level before	Relaxion level
02/27	PMR	20 minutes	9	6
03/28	Going for a walk	20 minutes	10	7