**Two Week Relaxation Log**

**Trying it for 2 weeks!**

Technique used (check the box for the technique being tried)

Progressive muscle relaxation (PMR)

Biofeedback

Mindfulness meditation

Breathing technique

Guided visual imagery

Other

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date | Pre session  Relaxation  Feeling  0-10 (best) | Pre session  Pain  0-10 (worst) | Post session  Relaxation  Feeling  0-10 (best) | Post session  Pain  0-10 (worst) |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |