**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

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| Date | Pre sessionRelaxationFeeling0-10 (best) | Pre sessionPain0-10 (worst) | Post sessionRelaxationFeeling0-10 (best) | Post sessionPain0-10 (worst) |
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