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)