

Home Relaxation Exercise Log

	Time		Self-Rating**		What I did to Relax	Difficulties or Comments
	Date	Start	End	Before		
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						

**** Self Rating Scale Key**

- 1 = Deeply and completely relaxed.
- 2 = Generally relaxed in most of my body.
- 3 = Somewhat more relaxed than usual.
- 4 = Neither tense nor relaxed.
- 5 = Somewhat tense in some areas of my body.
- 6 = Very tense in some areas of my body.
- 7 = Extremely tense throughout my body.