



RELAXATION

When and where did I practice?	What parts of my body were tense?	How relaxed did you feel at the end?
		☐ Very tense☐ Tense☐ Relaxed☐ Very relaxed
		☐ Very tense☐ Tense☐ Relaxed☐ Very relaxed
		☐ Very tense☐ Tense☐ Relaxed☐ Very relaxed
		☐ Very tense☐ Tense☐ Relaxed☐ Very relaxed