Breathing Practice Log

The assignment for this week is to:

1. Practice your breathing exercise _____ times, for _____ minutes.
2. Rate your relaxation level before and after, using the rating scale below.
3. Record the total time spent relaxing.

Rating Scale

0 ———————————————— 10

Not at all relaxed — Completely relaxed

Date	Relaxation Rating Before	Relaxation Rating After	Total Time Practicing
1/2/07	4	9	13 min