Progressive Muscle Relaxation Practice Log

The assignment for this week is to:

1. Practice PMR _____ times, for _____ minutes.

2. Rate your relaxation level before and after, using the rating scale below.

3. Record the total time spent practicing.

Rating Scale

0 ———————————————— 10

Not at all relaxed — Completely relaxed

Date	Relaxation Rating Before	Relaxation Rating After	Total Time Practicing
1/3/07	2	7	15 min

Muscle Groups:

Feet
Calves
Thighs

Abdomen
Hands
Forearms
Biceps

Shoulders
Jaw and face
Forehead
Whole body