Visual Imagery Practice Log

The assignment for this week is to:

1. Practice imagery _____ 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
1/4/07	3	8	10 min