

Diary 2: Relaxation Diary

Where and when?	How I felt before the exercise	What exercise I did	How I felt after the exercise	Notes
<p><b>Note the time and place</b></p>	<p>How relaxed were you? 1 (not at all) – 10 (deeply relaxed)</p>		<p>How relaxed were you? 1 (not at all) – 10 (deeply relaxed)</p>	<p>What did you notice about the exercise and its effects?</p>