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### Relaxation Rating Scale

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Write in the date and check each box under the date whenever you practice the relaxation exercise. It is often helpful to rate how relaxed you are at the end of the exercise. Use a scale of 0 to 10, where you rate 0 if you are not relaxed and 10 if you are the most relaxed possible. The first exercise is the first time you practice during the day; the second is the next time you practice on the same day.

	Week 1							Week 2							Week 3							Week 4									
Date																															
First relaxation exercise																															
Second relaxation exercise																															

0 = Not at all relaxed

10 = Most relaxed you can imagine