

Relaxation Practice Schedule

Relaxation Rating: 0 = Most relaxed you have ever been
100 = Most tense you have ever been

Dates: _____ to _____

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30							
10:00							
10:30							
11:00							
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
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4:00							
4:30							
5:00							

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6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							