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**

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not at all relaxed</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Completely relaxed</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date</th>
<th>Relaxation Rating Before</th>
<th>Relaxation Rating After</th>
<th>Total Time Practicing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/3/07</td>
<td>2</td>
<td>7</td>
<td>15 min</td>
</tr>
</tbody>
</table>

**Muscle Groups:**

- Feet
- Calves
- Thighs
- Abdomen
- Hands
- Forearms
- Biceps
- Shoulders
- Jaw and face
- Forehead
- Whole body