

## Self-Care Practice Log

		Diaphragmatic Breathing (goal: 1-2 min x 10)	PMR goal: 3-4x wk	Mindfulness Practice	Guided Imagery	Sleep How much? (circle)	Exercise & Nutrition (check / circle)	Stress? 0 - 10
<b>Week of</b>	<b>Mon</b>	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○				<6 hrs   6-7   >7.5	Exer: <input type="checkbox"/> Nutri: 😊 😐 😞	
	<b>Tues</b>	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐				<6 hrs   6-7   >7.5	Exer: <input type="checkbox"/> Nutri: 😊 😐 😞	
	<b>Wed</b>	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○				<6 hrs   6-7   >7.5	Exer: <input type="checkbox"/> Nutri: 😊 😐 😞	
	<b>Thurs</b>	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐				<6 hrs   6-7   >7.5	Exer: <input type="checkbox"/> Nutri: 😊 😐 😞	
	<b>Fri</b>	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○				<6 hrs   6-7   >7.5	Exer: <input type="checkbox"/> Nutri: 😊 😐 😞	
	<b>Sat</b>	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐				<6 hrs   6-7   >7.5	Exer: <input type="checkbox"/> Nutri: 😊 😐 😞	
	<b>Sun</b>	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○				<6 hrs   6-7   >7.5	Exer: <input type="checkbox"/> Nutri: 😊 😐 😞	

Notes to Self: (Events this week, things noticed about yourself & your reactions, reminders for discussion next session)

		Diaphragmatic Breathing (goal: 1 min x 10) check off each time practiced	PMR goal: 3-4x wk	Mindfulness Practice	Guided Imagery	Sleep How much? (circle)	Exercise & Nutrition (check / circle)	Stress? 0 - 10
<b>Week of</b>	<b>Mon</b>	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○				<6 hrs   6-7   >7.5	Exer: <input type="checkbox"/> Nutri: 😊 😐 😞	
	<b>Tues</b>	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐				<6 hrs   6-7   >7.5	Exer: <input type="checkbox"/> Nutri: 😊 😐 😞	
	<b>Wed</b>	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○				<6 hrs   6-7   >7.5	Exer: <input type="checkbox"/> Nutri: 😊 😐 😞	
	<b>Thurs</b>	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐				<6 hrs   6-7   >7.5	Exer: <input type="checkbox"/> Nutri: 😊 😐 😞	
	<b>Fri</b>	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○				<6 hrs   6-7   >7.5	Exer: <input type="checkbox"/> Nutri: 😊 😐 😞	
	<b>Sat</b>	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐				<6 hrs   6-7   >7.5	Exer: <input type="checkbox"/> Nutri: 😊 😐 😞	
	<b>Sun</b>	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○				<6 hrs   6-7   >7.5	Exer: <input type="checkbox"/> Nutri: 😊 😐 😞	

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