Relaxation Record

Rate relaxation and concentration at the end of each practice, using the following scale:

None Mild Moderate Strong Excellent

Date	Practice	Relaxation at the End of the Exercise	Concentration During the Exercise
	I		
	2		
	I		
	2		
	I		
	2		
	1		
	2		
	I		
	2		
	I		
	2		
	I		
	2		