

CONTROLLED BREATHING LOG

Practice the breathing we learned in session today for 10 minutes twice a day. Write down each day and time that you practice. Bring this in with you to your next session.

Day: \_\_\_\_\_

Time 1: \_\_\_\_\_

Time 2: \_\_\_\_\_

Day: \_\_\_\_\_

Time 1: \_\_\_\_\_

Time 2: \_\_\_\_\_

Day: \_\_\_\_\_

Time 1: \_\_\_\_\_

Time 2: \_\_\_\_\_

Day: \_\_\_\_\_

Time 1: \_\_\_\_\_

Time 2: \_\_\_\_\_

Day: \_\_\_\_\_

Time 1: \_\_\_\_\_

Time 2: \_\_\_\_\_

Day: \_\_\_\_\_

Time 1: \_\_\_\_\_

Time 2: \_\_\_\_\_

Day: \_\_\_\_\_

Time 1: \_\_\_\_\_

Time 2: \_\_\_\_\_