

Indicate the relaxation tool you use each day by marking the box with the number from the key below. List the number on the days that you used the tool.

If you use more than one tool, then mark the box with all numbers you used that day.

Key:

1. Breath2relax

2. Calm

3. Smiling Mind

4. Buddha Board

5. Bellybio

6. SuperBetter

7. WEBMD Pain Coach

8. iChill

9. CardioZen: Cardiac Coherence Everywhere

10. Headspace

11. Colorfy

12. Gratitude

Stress Management and Relaxation

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Notes: