

# Record of Muscle Tension

1-----5-----10  
totally relaxed                      slightly relaxed                      the most tense

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<u>Date:</u>	<u>Before session</u>	<u>After session</u>	<u>Comments</u>
1)	_____	_____	_____
2)	_____	_____	_____
3)	_____	_____	_____
4)	_____	_____	_____
5)	_____	_____	_____
6)	_____	_____	_____
7)	_____	_____	_____