Biofeedback Training Record

The biofeedback training record that follows will help you chart your own self-relaxation progress. Fill in each of the 10 steps using one or more of the Personal Biofeedback Training Techniques just described.

Pre-Relaxation							
1. Date	2. Skin Temp.	3. PMT or Touch	4. Pulse	5. Relaxation Technique			
(sample) 12/10/00	Black	-3 +3		Mental Imagery			

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Post-Relaxation							
6. No. Minutes	7. Skin Temp.	8. PMT	9. Pulse	10. Comment			
15	Red- Green	+1		I feel calmer, less on edge, still worried			