

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

