<u>Day #1</u>

Why do you feel that you are doing this technique?																								
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_																								
W	hat :	are	you	hop	ing t	o ac	hiev	ve b	y doing	g this	s prac	actic	ce?											
Or	n a s	cale	of 1	l- 10	how	are	you	ı en	ergy le	vels	? (10-)-Be	eing	; full	of e	ener	gy,	1-N	o en	ergy	·)			
1	2	3	4	5	6	7	8	9	10															
Or	ı a s	cale	of 1	l- 10	how	are	you	ır st	ress le	vels?	? (10-)-Bei	ing	stre	sse	d, 1-	·No	stre	ess)					
1	2	3	4	5	6	7	8	9	10															
No	otes	: (Ar	nythi	ng o	f no	tice,	suc	h as	sensa	tions	in th	he b	oody	y , fe	elin	ıgs, t	thou	ugh	ts)					
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_																								
D	ay :	<u>#2</u>																						
Or	ı a s	cale	of 1	l- 10	how	are	you	ı en	ergy le	velsi	? (10-)-Be	eing	full	of e	ener	gy,	1-N	o en	ergy	·)			
1	2	3	4	5	6	7	8	9	10															
Or	ı a s	cale	of 1	L- 10	how	are	you	ır st	ress le	vels?	? (10-)-Bei	ing	stre	sse	d, 1-	-No	stre	ess)					
1	2	3	4	5	6	7	8	9	10															
No	tes	: (Ar	nythi	ng o	f no	tice,	suc	h as	sensa	tions	in th	he b	oody	y , fe	elin	ıgs, t	thou	ugh	ts)					
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<u>Day #3</u>

On	a s	cale	of 1	-10	how	are	you	ı en	ergy levels? (10-Being full of energy, 1-No energy)
1	2	3	4	5	6	7	8	9	10
On	a s	cale	of 1	-10	how	are	you	ır st	ress levels? (10-Being stressed, 1-No stress)
1	2	3	4	5	6	7	8	9	10
No	tes:	(An	ythi	ng o	of no	tice,	suc	h as	sensations in the body , feelings, thoughts)
Da	ау :	#4							
On	a s	cale	of 1	-10	how	are	you	ı en	ergy levels? (10-Being full of energy, 1-No energy)
1	2	3	4	5	6	7	8	9	10
On	a s	cale	of 1	-10	how	are	you	ır st	ress levels? (10-Being stressed, 1-No stress)
1	2	3	4	5	6	7	8	9	10
No	tes:	(An	ythi	ng o	f no	tice,	suc	h as	sensations in the body , feelings, thoughts)
_									
Da	ау :	<u>#5</u>							
On	a s	cale	of 1	-10	how	are	you	ı en	ergy levels? (10-Being full of energy, 1-No energy)
1	2	3	4	5	6	7	8	9	10
On	a s	cale	of 1	-10	how	are	you	ır st	ress levels? (10-Being stressed, 1-No stress)
1	2	3	4	5	6	7	8	9	10
No	tes:	(An	ythi	ng o	f no	tice,	suc	h as	sensations in the body , feelings, thoughts)

Day #6

On	a s	cale	of 1	-10	how	are	you	ı en	ergy levels? (10-Being full of energy, 1-No energy)		
1	2	3	4	5	6	7	8	9	10		
On	a s	cale	of 1	-10	how	are	you	ır st	ress levels? (10-Being stressed, 1-No stress)		
1	2	3	4	5	6	7	8	9	10		
No	tes:	(An	ythi	ng c	of no	tice,	suc	h as	sensations in the body , feelings, thoughts)		
Da	зу і	‡ 7									
On	a se	cale	of 1	-10	how	are	you	ı en	ergy levels? (10-Being full of energy, 1-No energy)		
1	2	3	4	5	6	7	8	9	10		
On	2 5	مادء	of 1	-10	how	, are	. VOI	ır ct	ress levels? (10-Being stressed, 1-No stress)		
Oii	a 30	caie	01 1	10	HOW	aic	you	ai St	ress levels: (10-bellig stresseu, 1-140 stress)		
1	2	3	4	5	6	7	8	9	10		
No	tes:	(An	ythi	ng c	of no	tice,	suc	h as	sensations in the body , feelings, thoughts)		
		u co , wh		ete	this	pra	ctice	for	the time period recommended? (YES / NO)		
	Po you feel any benefit from having done this technique? (Look back at Day#1 at the reasons why you are oing the technique and what you wanted to achieve by doing this practice)										