

Chronic Stress Relief Interventions Tracking Form

Auto-saved: 1:20:32 PM

← Previous

Week:

Week 4

Next →

Week 4

Week Starting Date: 10/01/2026

Scoring Guide:

- Body Tension/Anxiety:** 0 = None, 10 = Very High (goal: reduce this number)
- Mood/Interest in Activities:** 0 = Very Bad, 10 = Excellent (goal: increase this number)
- Mental Concentration:** 0 = Very Poor, 10 = Excellent (goal: increase this number)
- Difference Formula:** (Tension Before - After) + (Mood After - Before) + (Concentration After - Before)
- Result:** Higher positive number = More effective interventions

Day & Date	Intervention 1	Intervention 2	Intervention 3	Body Tension (0-10)		Mood (0-10)		Concentration (0-10)		Diff
				Before	After	Before	After	Before	After	
Monday 10/01/2026	e.g., Deep breathing	e.g., Meditation	e.g., Walk outside	0-1	0-1	0-1	0-1	0-1	0-1	--
Tuesday 10/01/2026	e.g., Deep breathing	e.g., Meditation	e.g., Walk outside	0-1	0-1	0-1	0-1	0-1	0-1	--
Wednesday 10/01/2026	e.g., Deep breathing	e.g., Meditation	e.g., Walk outside	0-1	0-1	0-1	0-1	0-1	0-1	--
Thursday 10/01/2026	e.g., Deep breathing	e.g., Meditation	e.g., Walk outside	0-1	0-1	0-1	0-1	0-1	0-1	--
Friday 10/01/2026	e.g., Deep breathing	e.g., Meditation	e.g., Walk outside	0-1	0-1	0-1	0-1	0-1	0-1	--
Saturday 10/01/2026	e.g., Deep breathing	e.g., Meditation	e.g., Walk outside	0-1	0-1	0-1	0-1	0-1	0-1	--
Sunday 10/01/2026	e.g., Deep breathing	e.g., Meditation	e.g., Walk outside	0-1	0-1	0-1	0-1	0-1	0-1	--

Weekly Summary

Days Tracked: 0 / 7 Average Improvement: --

Print Form

Clear All Data