

TENSION / MOVEMENT / SLEEP TRACKER

WEEK OF: _____

- 0 - no tension
- 1 - minimal tension
- 2 - mild tension
- 3 - moderate tension
- 4 - moderately severe
- 5 - severe tension



	BEFORE BED	WAKE - UP	NOTES
Sunday	1. Level of tension before movement (0-5):_____ 2. Movement practice used:_____ 3. Level of tension after movement (0-5):_____	4. Level of tension upon waking (0-5):_____ 5. Quality of sleep (poor, fair, good):_____	What did you notice?
Monday	1. 2. 3.	4. 5.	
Tuesday	1. 2. 3.	4. 5.	
Wednesday	1. 2. 3.	4. 5.	
Thursday	1. 2. 3.	4. 5.	
Friday	1. 2. 3.	4. 5.	
Saturday	1. 2. 3.	4. 5.	