

## Web Resource 6.1

### Relaxation Training Log Sheet

Name: \_\_\_\_\_

Today's date: \_\_\_\_\_

Due date: \_\_\_\_\_

Directions: Lying on your back, perform relaxation activities for the following body parts. Be sure to breathe correctly. Over the next 2 weeks spend 15 to 20 minutes daily practicing these exercises, marking Xs in the correct boxes to show that you performed the exercise for that day.

Body part	M	T	W	Th	F	M	T	W	Th	F
1. Knees to chest										
2. Hands and arms										
3. Arms and shoulders										
4. Shoulders and neck										
5. Jaw										
6. Hips										
7. Legs and feet										
8. Face and nose										
9. Abdomen										

From *Positive Behavior Management in Physical Activity Settings, Second Edition*, by Barry W. Lavay, Ron French, and Hester L. Henderson, 2006, Champaign, IL: Human Kinetics

1 From B.W. Lavay, R. French, and H.L. Henderson. 2016, *Positive behavior management in physical activity settings web resource*, 3rd ed. (Champaign, IL: Human Kinetics).