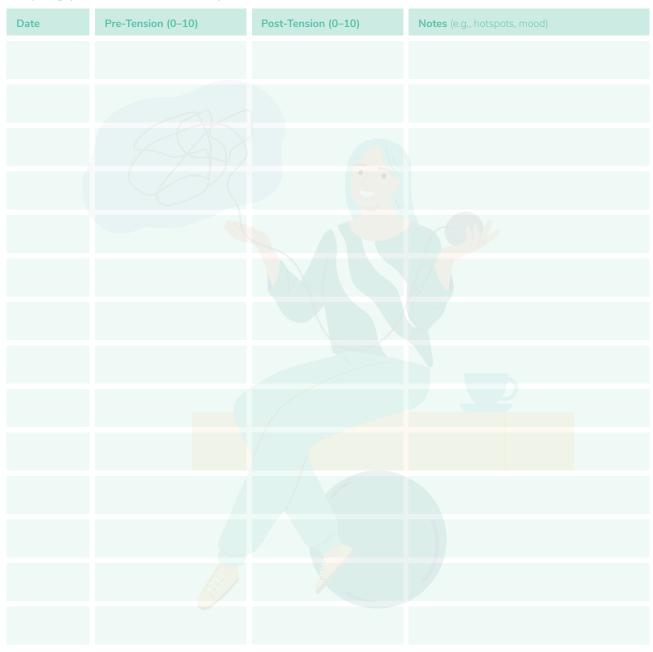
## Progressive Muscle Relaxation (PMR) Worksheet

**Goal:** Practice the full 16-muscle sequence once daily for 14 days, plus a 3-group 'mini-PMR' when tension  $\geq$  6/10.

## Daily Log (Full PMR – ~12 minutes):



## Mini-PMR Log (Shoulders, Jaw, Hands – 60 sec):

Date	Trigger/Event	Pre (0-10)	Post (0-10)	Notes (e.g., hotspots, mood)