STRESS MANAGEMENT LOG

wellness PAY$

LOG REQUIREMENTS:

Name:_____ W#:_____

- Must complete a stress relieving activity on at least two days for 20 minutes each session. Must be for 12 weeks.
- Activity can be anything that the participant perceives to be stress relieving.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Minutes
Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Week 1
Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Week 2
Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Week3
Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Week 4
Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Week 5
Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Week 6
Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Week 7
Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Week 8
Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Week 9
Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Week 10
Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Week 11
Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Week 12