

10-day Meditation Challenge

Directions: Please rate your level of stress before *and* after **each** meditation challenge

(1 = calm; 10 = tense).

<input type="checkbox"/>	Day One: Breathing Meditation	Stress Before _____	Stress After _____
<input type="checkbox"/>	Day Two: Progressive Muscle Relaxation	Stress Before _____	Stress After _____
<input type="checkbox"/>	Day Three: Mindfulness Meditation	Stress Before _____	Stress After _____
<input type="checkbox"/>	Day Four: Visualization Meditation	Stress Before _____	Stress After _____
<input type="checkbox"/>	Day Five: Healing Meditation	Stress Before _____	Stress After _____
<input type="checkbox"/>	Day Six: Relaxation Response	Stress Before _____	Stress After _____
<input type="checkbox"/>	Day Seven: Yoga Desk Stretches	Stress Before _____	Stress After _____
<input type="checkbox"/>	Day Eight: Body Scan Meditation	Stress Before _____	Stress After _____
<input type="checkbox"/>	Day 9: Chakra Meditation (Part 1)	Stress Before _____	Stress After _____
<input type="checkbox"/>	Day 10: Chakra Meditation (Part 2)	Stress Before _____	Stress After _____